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INSTITUTE OF NUTRITION

Handbook II

(Revised Edition)

KITCHEN-TESTED RECIPES

from

The Recipe and Menu Testing Laboratory

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JUNE 1958
MANILA, PHILIPPINES

72190

Philippines (Republic)

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FOREWORD

Kitchen-Tested Recipes (Handbook II) was first published in 1952 to meet the need for a handy guide in meal planning and food preparation. The recipes were kitchen-tested in the Recipe and Menu-Testing Laboratory of the Institute of Nutrition. The first 1,000 copies were distributed to local and foreign schools and universities, to libraries, government agencies, food editors of metropolitan newspapers, and housewives.

The Institute of Nutrition has long felt a need of enlarging its Handbook II to include more kitchen-tested recipes than in its first edition. There are many recipes in the Philippines that have been handed down from generation to generation by word of mouth. The inexperienced cook will find it rather difficult if not altogether impossible to prepare a recipe that has no fixed measures, depending as it were on the perfection that comes with experience rather than on the more scientific guide that is the result of testing and experimenting in a food laboratory. Our Recipe and Menu-Testing Laboratory has kitchen-tested many such recipes since the publication of the first edition.

This revised Handbook II includes recipes that appeared in the first edition plus new kitchen-tested recipes from the Recipe and Menu-Testing Laboratory. All recipes are grouped into the Basic Six Food Groups. Acknowledgement is hereby given to Mrs. Alicia P. Bautista, Miss Elisa O. Martinez, and Mrs. Victoria Q. Alabastro of our Home Economics Division, who were mainly responsible for the preparation of this Handbook. It is hoped that this new enlarged edition of Kitchen-Tested Recipes will be enjoyed by all.

CONRADO R. PASCUAL
Chief of Office

JAN 23 19

TABLE OF CONTENTS

Group I—Leafy and Yellow Vegetables

	Page
Bamboo Shoots with Saluyot	1
Bulanglang	1
Carrot Boat Salad	1
Celery Soup	2
Chop Suey	2
Clam Soup with Malunggay	2
Cole Slaw	2
Dinengdeng I	3
Dinengdeng II	3
Dinengdeng III	3
Ginataang Kalabasa	4
Kamote Tops Salad	4
Kangkong with Bagoong	4
Kintsay with Tokwa and Shrimps	4
Laksa	5
Lettuce-Tomato Salad	5
Malungay Leaves Guisado	5
Malungay Leaves Gulay (Bicol)	5
Malungay Salad	6
Munggo Sprouts with Petsay and Cabbage	6
Petsay Guisado	6
Picadillo with Malungay	7
Pickled Kangkong	7
Pumpkin Ice Cream	7
Pumpkin Pie	7
Pumpkin Pie Alaska	8
Sinigang na Isda	8
Snails with Malungay	8
Squash in Enriched Rice Ring	9
Squash Ginataan with Malunggay	9
Tokwa with Malunggay	10

Group II—Vitamin C–Rich Foods

Atis Ice Cream	11
Atis Sparkler	11
Complexion Salad	11
Duhat Juice	11
Emerald Clock Salad	12
Fruit Cocktail	12
Fruit Salad	12
Fruit French Dressing	13
Fruit Punch	13

Page

Green Mango-Ade 13
Guava Juice 13
Guwayabano-Chiller 13
Guwayabano-Duhat Juice 14
Kalamansi-Ade 14
Melon-Papaya Merger 14
Molded Fruit Salad 14
Fruit Salad Dressing 15
Native Fruit Medley 15
Papaya-Ade 15
Papaya-Pineapple-Kalamansi Punch 15
Ripe Mango-Ade 15

GROUP III—OTHER FRUITS AND VEGETABLES

Ampalaya Salad 16
Ampalaya with Eggs 16
Ampalaya Guisado 16
Avocado Ice Cream 16
Avocado Salad 17
Bamboo Shoot Salad 17
Banana Blossom Salad 17
Cauliflower with Crabs 17
Cucumbér Basket 18
Eggplant Omelet 18
Gado-Gado (Indonesian Mixed Salad) 18
Lumpia (Chinese) with Sweet-Sour-Sauce 19
Lumpia (Macao) 19
Lumpia with Peanuts and Brown Sauce 20
Lumpia (Ubod) 20
Picadillo with Sayote 21
Pinakbet 21
Radish with Shrimps 21
Sautéed Malunggay Pods 21
Sayote Guisado 22
Seguidillas Salad 22
Upo Guisado 22
Vegetable Macedoine 23

GROUP IV—FAT-RICH FOODS

Barbecue Sauce 24
Brown Sauce or Brown Gravy 24
Buko Delight 24
Buñuelos 24
Butter Cookies 25
Butter Icing for Sponge Cakes 25
Caramel Fudge with Pili Nuts 25
Chicken Salad Dressing 25
Chiffonade Dressing 25
Crackling (Sitsaron) 26
Creole Sauce 26
Curry Sauce 27

	Page
Drawn Butter Sauce	27
French Dressing	27
Giblet Gravy	27
Hollandaise Sauce	28
Lechon Sauce	28
Makapuno Ice Cream	28
Makapuno Merengue	28
Mantecado Ice Cream	28
Masapan de Pili	29
Mayonnaise I	29
Mayonnaise II	29
Pastillas de Pili	29
Pili Brownies	30
Potato Mayonnaise	30
Sans Rival	30
Spanish Sauce	30
Specialty of the House Sauce	31
Tartare Sauce	31
Turron de Pili	31
Vinaigrette Sauce	31

GROUP V—PROTEIN-RICH FOODS

Adobong Dalag o Hito	32
Adobong Talangka	32
Almondigas (Meat Ball Soup)	32
Asado de Carajay	33
Babato	33
Bagoong Alamang at Manggang Hilaw	33
Bagoong na Dilis	33
Bakalao a la Vizcaina	34
Baked Apahap	34
Baked Talakitok with Cheese	34
Balay Omelet	35
Bangus Loaf	35
Bangus sa Tocho	35
Barquitos	35
Batsoy	36
Beef Steak	36
Binagis	36
Bopis	37
Brain Omelet	37
Braised Beef Rib	37
Caldereta	38
Callos	38
Camaron Rellenado	38
Caramel Custard	39
Cari Imperial	39
Carne Michado	39
Carne Milanesa	40
Cheese and Ham Omelet	40
Cheese-Pimiento Sandwich	40

	Page
Chicken Adobo	40
Chicken Asparagus Soup	41
Chicken a la King	41
Chicken Croquettes	41
Chicken Pie	42
Chicken-Pork Fritada	42
Chicken Relleno	42
Chicken Sinigang	43
Chicken with Young Corn	43
Chinese Fried Lapu-Lapu with Pickle Sauce	44
Chuletas de Dalag	44
Clam Chowder	44
Crab Meat Salad	45
Dinuguan	45
Duck's Egg Sarciado	45
Eggs a la Caracas	45
Eggs Fu Yung	46
Eggs with Misua	46
Embutido	46
Fish a la Vinaigretta	47
Fish Balls with Petsay	47
Fish in Toyo	47
Fried Ayungin	48
Fried Chicken	48
Fried Liver and Onions	48
Gallina con Sotanghon	48
Ginataang Isda na may Langka	49
Ginataang Manok na may Papaya at Malunggay	49
Hasa-Hasa with Tomato Sauce	49
Hipon Rebosado	49
Humba	50
Inalamañgan with Santol	50
KariKari	50
Kilawin	51
Lengua Estofado	51
Liver a la Creole	51
Liver Steak	52
Lumpia Frito	52
Macaroni Salad	52
Meat Balls	53
Meat Loaf	53
Menudo	53
Menudo de Garbanzos	54
Mexican Beans	54
Morcon (Meat Roll)	54
Oyster's Soup	55
Pastel de Pollo	55
Pastillas de Leche	55
Pesang Dalag with Miso Tomato Sauce	56
Pesang Manok	56
Pinaksiw na Bangus with Amargoso	56

	Page
Pi-Quat	57
Plain Boiled Talangka	57
Poinsettia Salad	57
Polvoron with Powdered Milk	57
Pork Adobo with Liver	58
Putsero	58
Red Beans with Chorizo	58
Rellenong Ampalaya	59
Salmon Patties	59
Sarciado Pork's Tongue	59
Shrimp Curry	59
Sinigang na Isda I	60
Sinigang na Isda II	60
Sinigang na Isda III	60
Sinigang na Karne	61
Sinilihan	61
Sio-May (Lumpiang Macao)	61
Siopao	62
Sopa de Pollo	62
Stuffed Crabs	63
Suam na Balay with Malunggay	63
Suam na Hipon	63
Tenderloin Rolls	63
Tinolang Manok	64
Tofu Balls	64
Toasted Dilis	64
Tongue with Mushrooms	64
Tortilyang Karne	65
Vanilla Ice Cream	

GROUP VI—RICE AND OTHER ENERGY-GIVING FOODS

A. Recipes Using Corn and Corn Products:

Baked Corn	66
Boiled Rice and Corn	66
Corn Fritters	66
Corn Soup	66
Corn Soup with Amargoso Leaves	67
Fluffy Cornmeal Drops	67

B. Recipes Using Flour and Flour Products:

Chow Mein	67
Devil's Food Cake	68
Doughnuts	68
Empanada	68
Fideos Soup	69
Gold Cake	69
Griddle Cakes	70
Macaroni a la Bremontiere	70
Macaroni with Cheese and Tomato Sauce	70
Pancit con Caldo	71
Pancit Guisado	71

Page

Pancit Luglog 72
Pancit Molo 72
Pili Cookies 73
Pineapple Upside-Down Cake 73
Pound Cake 74
Royal Bibingka 74
Sapin-Sapin 74
Sugar Cookies 75
Timbale Neapolitan 75
Ukoy I 76
Ukoy II 76
Waffles 76

C. Recipes Using Rice and Rice Products:

Arroz a la Cubana 77
Arroz a la Filipina 77
Arroz a la Paella 78
Arroz Caldo with Chicken 78
Arroz Caldo with Goto 78
Arroz a la Valenciana 79
Bibingkang Galapong 79
Bibingkang Pinipig 79
Boiled Enriched Rice 80
Inañgit 80
Kalamay Pinipig 80
Kutsinta 80
Maja Blanca 81
Morisqueta Tostada 81
Palitao 81
Pinipig Cookies 82
Pinipig Macaroons 82
Putong Puti 82

D. Recipes Using Roots and Tubers:

Cassava Bibingka 82
Gabi Balls 83
Ginataan 83
Kalamay na Ubi 83
Maruyang Camote 84
Mashed Camote Biscuits 84
Potato Salad 84
Stuffed Gabi 84
Sweet Potato Cake 85

Group I—LEAFY AND YELLOW VEGETABLES

Bamboo Shoots with Saluyot

2 segments garlic, minced
2 tablespoons lard
½ medium onion, sliced lengthwise
3 medium tomatoes, sliced lengthwise
1 cup shrimps, shelled
1 tablespoon salt
Dash of pepper
1 cup shrimp stock from pounded shells
1 cup bamboo shoots, pre-cooked
4 cups saluyot

Saute garlic in lard. Add onion, tomatoes and shrimps. Season with salt and pepper. Add shrimp stock and stir continuously until it boils. Add bamboo shoots and boil 3 minutes. Add saluyot; cover and cook for 8 minutes. Serve hot. 4 servings.

Bulanglang

¼ kilo (1½ cups) pork, sliced
2 tablespoons cooking fat
3 segments garlic, minced
1 small onion, sliced lengthwise
4 small (3½ tablespoons) tomatoes
3 tablespoons bagoong
1 cup meat stock
½ cup banana blossoms, cut into 1–inch cubes
2 cups ampalaya, sliced
2 cups squash fruit, sliced
1½ cups squash fruit, cut into cubes
2 eggplants, cut 2" x 1"
2 cups tender squash leaves
1 medium bangus, broiled

Boil pork. When tender, extract fat. Saute garlic, onion, and tomatoes. Season with bagoong. Add meat stock, and bring to a boil. Add banana heart and cook ten minutes. Then add ampalaya and squash fruit. Cook five minutes. Add eggplant and squash leaves. Cook eight minutes. Cover pot after the addition of each vegetable. Serve hot with broiled fish. 6 Servings.

Carrot Boat Salad

12 medium firm carrots
½ cup shredded cabbage
½ cup crushed pineapple
4 tablespoonfuls mayonnaise
¼ cup chopped peanuts
Lettuce leaves

Wash and pare carrots thinly. Scoop out the centers and shape to look like small carrot boats. Place in a small pan and steam for 10 minutes.

Meanwhile, mix cabbage, pineapple and mayonnaise. Fill the boats with this mixture. Sprinkle with chopped nuts. Arrange on a platter lined with lettuce leaves. Serve cold. 12 servings.

Celery Soup

1½ cups finely shredded celery
2 cups stock
1 teaspoon salt
⅛ teaspoon nutmeg
1 tablespoon flour
2 cups milk
½ cup grated cheese

Stew celery in stock until tender. Add salt, nutmeg and flour blended with a little of the milk. Add rest of the milk and stir while heating to boiling point. Serve soup sprinkled with grated cheese. For extra flavor, celery salt may be used instead of salt. 4 servings.

Chop Suey

3 tablespoons lard
2 cloves garlic
⅓ cup sliced onion
1 cup boiled pork, cubed
½ cup shelled shrimps
3 cups shrimp juice from pounded head of shrimps
Salt and pepper to taste
1 tablespoon toyo
2 cups dried beans, boiled
½ cup green beans, sliced
½ cup carrots, sliced
1 cup cabbage, shredded
⅓ cup kintsay, cut into 1 inch lengths
2 teaspoons cornstarch
¼ cup water

Saute garlic and onion in lard. Add pork and shrimps. Cover and cook 2 minutes then add shrimp juice. When broth boils, season to taste with salt and pepper. Add boiled beans, green beans, carrots and green pepper. Cover and cook 4 minutes. Blend cornstarch with water and toyo and stir into the broth. Add cabbage and kintsay. Cover and cook three minutes. Serve hot. 10 servings.

Clam Soup with Malunggay

3 tablespoons lard
3 segments garlic, minced
½ small onion, sliced lengthwise
1 thin strip ginger
3 cups clams, washed and drained
3 cups rice washing
2 tablespoons salt
Dash of pepper
1 cup malunggay leaflets

Saute garlic, onion, ginger and clams in hot lard. Add rice washing and allow mixture to boil for 3 minutes. Season with salt and pepper. Lastly, add malunggay leaflets and cook 5 minutes longer. Serve hot. 6 servings.

Cole Slaw

2 cups shredded cabbage
2 medium carrots, shredded
¼ cup vinegar
1 teaspoon sugar
1 teaspoon salt
Dash of pepper
4 lettuce leaves

Combine shredded cabbage and carrots. Mix vinegar, sugar, salt and pour over vegetable mixture. Serve on a bed of lettuce. Chill before serving if desired.

Variations:

Finely shredded pineapple or celery or apples or strips of red and green pepper may be combined with the above basic recipe for variety. 6 servings.

Dinengdeng I

½ cup kadyos seeds
1¾ cups green papaya, sliced
1 thin slice ginger, pounded, 1" × 2"
¾ cup malunggay leaves, washed and sorted
2 tablespoons bagoong
1 medium broiled fish (bañgus or equivalent)

Boil beans until tender. Add papaya, ginger and bagoong. Add more water if desired. Allow mixture to boil until vegetables are tender. Add malunggay leaves and cook 5 minutes. Serve hot with broiled fish on top. 4 servings.

Dinengdeng II

½ cup dried kadyos, boiled in 4 cups water *
2 cups sitaw or paayap, cut 1" long
¼ cup bagoong
½ medium onion, sliced
1 medium-sized fish, cut into pieces and boiled
2 cups malunggay, washed and sorted
10 young okra, cut into 1" lengths
2 large tomatoes, sliced

Combine boiled kadyos and sitaw; cover and cook three minutes. Add bagoong, onion, tomatoes, fish, and okra, cover and boil for two minutes. Do not stir vegetables. Add malunggay; cover and cook five minutes longer. Serve hot. 6 servings.

Dinengdeng III

2 cups water
2 tablespoons bagoong
1 cup bamboo shoots, cooked
2 cups tender saluyot leaves
¼ cup fresh alamang or small shrimps
2 tablespoons kalamansi juice

Boil water. Add bagoong, bamboo shoots and saluyot leaves. Cover and cook until saluyot is almost tender. Add fresh alamang and kalamansi juice and cook 3 minutes longer. Besides bamboo shoots, green papaya, ampalaya fruit and eggplant make nice combinations with saluyot. 4 servings.

* Heat four cups water in a container. When boiling, add beans. Boil for just two minutes and set aside. After one hour bring to a boil and simmer for thirty minutes until soft. This method shortens cooking time. 6 servings.

Guinataang Kalabasa

1 tablespoon lard
4 segments garlic, minced
½ medium onion, sliced lengthwise
¼ cup shelled shrimps
1 cup coconut milk, second extraction
1 cup coconut milk, first extraction
2 cups yellow squash, 1-inch cube
2 teaspoons salt

Saute garlic, onion, and shrimps. Add coconut milk (second extraction) and keep stirring until it boils. Add squash and cook until done. Before taking it from fire, add thick coconut milk. Season with salt. Serve hot. 6 servings.

Kamote Tops Salad

2 cups kamote tops, sorted
½ cup water
¼ cup vinegar
2 tablespoons sugar
2 teaspoons salt
Dash of pepper
1 medium tomato, sliced crosswise
¼ medium onion, sliced in rings
1 egg, hard-cooked

Cook kamote tops in ½ cup boiling water for 5 minutes.* Drain and marinate in mixture of vinegar or kalamansi juice, sugar, salt and pepper. Garnish with slices of tomatoes, onions and eggs. 4 servings.

Kangkong with Bagoong

1 segment garlic, minced
1 tablespoon lard
½ medium onion, sliced lengthwise
2 medium tomatoes, chopped
¼ cup pork, boiled and cubed
1 tablespoon bagoong
1 cup water
1½ cups kangkong (stems and leaves)

Saute garlic until brown. Add onion, tomatoes, pork and bagoong. Cover and cook until pork is tender. Add water and let it boil. Lastly, add kangkong leaves, cover and cook for 5 minutes. Serve at once. 3 servings.

Kintsay with Tokwa and Shrimps

2 squares tokwa cut into 1 centimeter cubes
1 small onion, sliced lengthwise
1½ cups shelled shrimps, cut ½" long
2 tablespoons toyo
1 cup shrimp stock from pounded shells
3 cups kintsay, cut 1½ inches long

Fry tokwa until light brown. Add onion, shrimps and toyo. Cook until shrimps are done. Add stock, stirring continuously

* Kamote tops are cooked best on top of the covered rice where it cooks by steam during the last stages of rice cookery.

and bring to a boil. Add kintsay and cook 7 minutes or until kintsay is just done. Serve hot. 5 servings.

Laksa

2 tablespoons lard
2 segments garlic
½ medium onion, sliced lengthwise
1 cup pork, boiled and diced
2 teaspoons patis
2½ teaspoons salt
⅛ teaspoon pepper
2 cups banana heart, finely sliced
1 cup green beans, 2 inches long
1 cup yellow squash fruit, diced
1½ cups sotanghon, cut 2 inches long, soaked in cold water

Saute garlic, onion and pork. Add meat stock and boil 2 minutes. Season with patis, salt and pepper. Add banana heart and cook 10 minutes. Add squash fruit and sotanghon. Cook 5 minutes. Add green beans, squash stems and leaves and cook 5 minutes longer. Serve hot. 6 servings.

Lettuce-Tomato Salad

5 heads of fresh crispy native lettuce
5 medium tomatoes, cut crosswise
1 small onion, cut crosswise into rings
¼ cup French dressing
2 hard-cooked eggs, quartered

Wash lettuce leaves and cut fine. Slice tomatoes and onions into fine slices crosswise. Drizzle with French dressing and garnish with eggs. 8 servings.

Malunggay Leaves Guisado

1 tablespoon lard
2 segments garlic, minced
½ medium onion, sliced
8 medium shrimps, shelled
5 medium "tinapa", flaked
1 teaspoon salt
Dash of pepper
½ cup shrimp stock
1 cup malunggay leaves

Saute garlic, onion, shrimps, and "tinapa". Season with salt and pepper. Add shrimp stock and boil for 2 minutes. Add malunggay leaves and boil 5 minutes longer. Serve hot. 3 servings.

Malunggay Leaves Gulay (Bicol)

1 cup pure coconut milk, diluted in 1 cup water
1 cup dried fish (boiled, flaked, and fried in 1 tablespoon cooking fat)
1 medium onion, sliced
⅛ teaspoon salt
6 cups malunggay leaves
4 pieces siling labuyo crushed

Boil coconut milk, daeng, garlic, and onion for 10 minutes. Season with salt and continue stirring the coconut milk. Add malunggay leaves and crushed siling labuyo. Cook 5 minutes longer. Serve hot. 6 Servings.

Malunggay Salad

2 cups malunggay leaves, washed and sorted
1 cup water
1 tablespoon bagoong or patis
1 tablespoon kalamansi juice
2 medium tomatoes, sliced lengthwise
1 hard-cooked egg, sliced for garnish
½ teaspoon salt

In a covered pan, cook malunggay in one cup salted boiling water for 5 minutes. Drain. Season with bagoong or patis with kalamansi juice. Garnish with slices of tomatoes and egg. 3 servings.

Munggo Sprouts with Petsay and Cabbage

2 tablespoons lard
2 segments garlic, minced
1 tablespoon chopped onion
½ cup shrimps, sliced
½ cup boiled pork, diced
1 cup munggo sprouts
½ cup tokwa, cubed 1 cm.
2 tablespoons toyo
1 cup shrimp stock from pounded shells
½ cup sliced cabbage
½ cup petsay

Saute garlic, onion and shrimps. Add pork, tokwa and toyo. Add shrimp stock; cover and boil for 2 minutes. Add munggo sprouts, cover and cook until almost tender. Add cabbage and petsay. Boil mixture for about 10 minutes longer. Serve at once. 4 servings.

Petsay Guisado

2 tablespoons lard
1 tablespoon garlic, minced
¼ cup onion, sliced
2 large tomatoes, sliced
⅔ cup tokwa, sliced 1 cm. cube
½ cup pork, boiled and sliced
⅓ cup shrimps, shelled and sliced
5 cups petsay, sliced
½ cup shrimp stock
½ tablespoon salt—dash of pepper

Saute garlic, onion and tomatoes. Add tokwa, pork and shrimps. Add shrimp stock and boil for 5 minutes. Add petsay leaves and cook 5 minutes longer. 6 servings.

Picadillo with Malunggay

4 tablespoons lard
½ teaspoon garlic, minced
½ cup onion, chopped
1 cup tomatoes, chopped
1½ cups ground beef
4 cups water
1 cup malunggay leaves, washed and sorted
½ tablespoon salt
Dash of pepper

Saute garlic and onion in lard. Add tomato and ground beef, and a quart of water. Bring to a boil. Add malunggay leaves and cook five minutes. Season to taste with salt and pepper. Serve hot. 3 servings.

Pickled Kangkong

½ cup native vinegar (diluted with equal amount of water)
1 tablespoon salt
Dash of pepper
2 tablespoons sugar
1 small piece ginger, cut into strips
1 small onion, sliced or
3 small native onions, peeled
3 cups kangkong leaves and tender stems, washed and cut into 2"–3" length

Mix all ingredients except the kangkong. Boil for 10 minutes. Do not stir. Drop first kangkong stems, cover and boil for 5 minutes; then add leaves. Cover and cook 5 minutes longer. This recipe goes well with Fried Chicken, Pork Chop or Chicken Adobo. 6 to 8 servings.

Pumpkin Ice Cream

4 cups milk, scalded
2 cups boiled, mashed and strained yellow pumpkin (kalabasa)
1 teaspoon kalamansi rind, finely chopped
1 cup sugar

Mix all ingredients together. Freeze. Serve in scooped-out orange cups. 15 to 20 servings.

Pumpkin Pie

2 eggs
1 cup pumpkin, cooked and mashed
1½ cups milk
2 teaspoons molasses
½ teaspoon ginger (powder)
¼ teaspoon cloves (powder)
¼ teaspoon nutmeg (powder)
¼ teaspoon salt
1 teaspoon vanilla

Add eggs to pumpkin and beat; add milk and molasses. Add spices to sugar, mix well and add to pumpkin mixture. Add vanilla. Pour into unbaked pie crust and bake until done. 8 to 10 servings.

Pumpkin Pie Alaska

2 eggs, beaten separately
⅓ cup pumpkin, cooked and mashed
½ teaspoon ginger
1 teaspoon cinnamon
Salt to taste
1 cup sugar
1 cup whipping cream
Pie shell

Combine egg yolks, pumpkin, spices, salt and sugar. Cook 10 minutes. Cool. Add egg whites beaten stiff and whipped cream. Freeze. Spoon frozen mixture into pie shell. Cover with stiff meringue (2 egg whites, 2 tablespoons sugar). Brown lightly. Serve. (More spices may be added to taste.) 8 servings.

Sinigang na Isda

2 cups rice washing
8 green tamarind pods
1 small onion, sliced
2 medium tomatoes, sliced
1 teaspoon salt
Dash of pepper
1 cup sitaw pods cut into 2" lengths
1 medium bañgus
1 cup kangkong tops

Boil tamarind in ½ cup of rice washing in a covered pot until soft. Mash softened fruit and strain. Add rest of rice washing, onion and tomatoes and boil for 5 minutes. Season with salt and pepper. Add sitaw and fish. Boil 10 minutes. Add kangkong tops. Cook 5 minutes longer. Serve with patis. 6 servings.

Snails with Malunggay

3 cups rice washing
Piece of crushed ginger
1 medium tomato, sliced
1 tablespoon bagoong
1 cup snails
2 cups malunggay leaves
1 cup coconut milk

Boil rice washing, tomatoes, ginger, and bagoong in a covered kettle for 5 minutes. Add snails and cook 10 minutes.

Add coconut milk, bring to a boil, then add malunggay leaves. Cook 5 minutes longer. Serve hot. 3 servings.

Squash in Enriched Rice Ring

½ cup pork, boiled and diced
2 segments garlic, minced
¼ medium onion, sliced
⅓ cup shrimp, shelled
1 tablespoon salt
Dash of pepper
2 cups squash diced ½"
½ cup shrimp stock, from pounded shells and head of shrimps
½ cup rich coconut milk from first extraction
½ cup malunggay leaves (washed and sorted)
3 cups cooked or steamed enriched rice
4 large shrimps (with shells for garnishing)
4 to 6 sprigs of parsley for garnish

Extract fat from pork. Saute garlic and onion, shrimp and lean pork. Season with salt and pepper. Add shrimp stock, cover and boil for 2 minutes. Add squash and cook until squash is half done. Add rich coconut milk and let boil for 3 minutes. Drop malunggay leaves and cook 5 minutes. Remove from fire. Mold cooked rice in a large ring mold. Fill center with creamed squash. Garnish attractively with 4 large shrimps (whole) and parsley. Serve hot. 4 servings.

Squash Ginataan with Malunggay

2 tablespoons cooking fat
½ teaspoon garlic, minced
¼ cup onion, sliced lengthwise
½ cup shrimp, sliced
3 cups yellow * squash, cut into 1-inch cubes
2 teaspoons salt
⅛ teaspoon pepper
½ teaspoon sugar
1 cup medium thick coconut milk
1 cup malunggay leaves

Saute garlic and onion. Add shrimps and squash. Cover and cook three minutes. Season with salt and pepper. Add sugar, shrimp juice, coconut milk and cook 5 minutes stirring occasionally to keep mixture creamy. Add malunggay leaflets, cover and cook five minutes longer. Serve hot. 6 servings.

* Yellow squash and malunggay leaves are rich in pro-vitamin A.

Tokwa with Malunggay

1 tokwa, 3" square
2 medium eggplants, sliced 1" long
2 segments garlic, minced
½ medium onion, sliced lengthwise
½ cup shrimp, diced
½ cup shrimp stock from pounded shells
1 tablespoon toyo
Dash of pepper
1 cup malunggay leaves

Fry eggplant and tokwa. Set aside. Saute garlic, onion and shrimps. Season with toyo and pepper. Add shrimp stock and boil for 2 minutes. Add malunggay leaves and cook 5 minutes longer. Arrange on a platter. Garnish with fried tokwa on top and fried eggplant on the border. 3 servings.

Group II—VITAMIN C-RICH FOODS

Atis Ice Cream

3 ripe atis
½ cup sugar
1 pint milk

Remove seeds from atis. Scald milk and sugar. When cold, strain and add fruit. Freeze and serve. 10 servings.

Atis Sparkler

1 cup ripe atis pulp
4 tablespoons kalamansi juice
½ cup plus 2 tablespoons sugar
4 cups water

Place the first 2 ingredients in a Waring blendor with one cup water. Cover. Turn on blendor and run for one minute or until mixture is thoroughly blended. Pour blended ingredients into pitcher. Stir in sugar and add 3 cups water. A drop of food color may be used. Place ice cubes in glass and pour sparkler before serving. 8 servings.

Complexion Salad

1 cup raw cabbage, shredded
1 cup raw carrots, grated or grated yellow papaya (matured but not soft)
Salt and pepper
½ cup peanuts, chopped
5 tablespoons mayonnaise
Fresh lettuce leaves or outer leaves of cabbage
1 hard cooked egg

Mix cabbage and carrots or grated yellow papaya in a bowl. Add salt and pepper. Chill. Just before serving, add mayonnaise and half of peanuts. Arrange lettuce on plate or platter or if outer leaves of cabbage are used, place cole slaw inside leaves to look like a whole cabbage. Garnish with chopped hard cooked egg on a topping of mayonnaise. 5 servings.

Duhat Juice

1 cup seeded duhat
1 cup cold water
¼ cup syrup (1 part sugar to 2 parts water)

To one cup duhat, add one cup water and strain through cheesecloth. Add one fourth cup syrup to one fourth cup of duhat juice and two ice cubes. If a slight pink color is desired instead of the deep purple, add two tablespoons kalamansi juice. 2 servings.

Emerald Clock Salad

2 medium cucumber about 2" in diameter
2 cans sliced pineapple (No. 1 can)
2 tablespoons kalamansi juice
2 bars gulaman dissolved in 3 cups water
2 medium-sized carrots, grated
Green food color
Sweet red pepper
1 bunch kintsay, parsley or celery leaves
1 cup mayonnaise or cooked fruit salad dressing

Run tines of fork lengthwise over one cucumber to make parallel grooves. Slice crosswise about ½ centimeter thick to make 12 fluted pieces. Grate other cucumber. Drain sliced pineapple and cut six slices into halves. Mix pineapple juice, strained gulaman solution and kalamansi juice.

To gulaman mixture, add grated cucumber, pineapple cubes and grated carrots. Season with salt and pepper. Add five drops of green food color. Pour whole mixture into a round gelatin mold that has been dipped first in water. (A flat round mold is best to make a smooth-faced clock.) Set mold to cool.

When ready to serve, invert gulaman into a large round platter. Top gulaman with twelve cucumber slices to form face of clock. Use thin strips of red pepper to mark the hour and minute hand on top of each cucumber slice. Arrange pineapple slices to form scalloped edges on the border of the clock. Garnish with celery or parsley. Serve with cooked fruit salad dressing or mayonnaise. 8 servings.

Fruit Cocktail

2 cups ripe papaya, diced
2 tablespoons lemon or kalamansi juice
2 cups pineapple, diced
2 tablespoons sugar

Mix ingredients and chill for ½ hour before serving. 8 servings.

Fruit Salad

1 medium Spanish melon
2 ripe mangoes
1 medium watermelon
1 dozen strawberries
¼ cup Fruit French dressing

Cut Spanish melon in half. Remove seeds and scoop other half with a round shaped teaspoon. Peel and slice mangoes in wedges and combine with watermelon, Spanish melon balls and sliced strawberries. Marinate with Fruit French dressing and place in the half of a Spanish melon. Garnish with

whole strawberry fruits and surround with parsley. 12 servings.

Fruit French Dressing

3 tablespoons orange juice
1 tablespoon lemon juice
½ cup salad oil
A dash of pepper
½ teaspoon paprika
Enough syrup or honey to sweeten it slightly

Mix the above ingredients and stir vigorously with fork.

Fruit Punch

¾ cup fresh orange juice (from 3 oranges)
1 cup lemon juice or juice from 30–40 medium kalamansi
1 cup tea infusion
4 quarts water with ice
½ cup crushed pineapple
2 cups medium syrup (4 cups sugar and 2 cups water)

Combine syrup with all the other ingredients (except ice). Pour over block of ice in punch bowl. 20 servings.

Green Mango-Ade

1 cup green mango pulp, diced
⅔ cup sugar
3 cups water

Remove skin and seed of green mango. Put pulp in Waring blendor with one cup water. Cover. Turn on blendor and run for 1 to 2 minutes or until mixture is thoroughly blended. Pour blended ingredients into a pitcher. For clear juice strain pulp through clean cheesecloth placed over a strainer. Stir in sugar and 3 cups water. Serve with ice cubes. 7 servings.

Guava Juice

1 cup ripe guava pulp, diced
2 tablespoons kalamansi juice
½ cup sugar

Remove skin and seeds of guava. Put pulp in blendor with one cup water. Cover. Turn on blendor and run for 1 to 2 minutes or until mixture is thoroughly blended. Pour blended ingredients into a pitcher. Stir in sugar and 3 cups water. Serve with ice cubes. 7 servings.

Guwayabano Chiller

1 cup ripe guwayabano pulp
2 tablespoons kalamansi juice
½ cup plus 2 tablespoons sugar
4 pieces duhat or lipoti

Place first 2 ingredients in a Waring blendor with one cup water. Cover. Turn on blendor and run for one minute or until mixture is thoroughly blended. Pour blended ingredients

into pitcher. Stir in sugar and add 3 cups water. A drop of food color may be used when duhat or lipoti is not in season. Serve with ice cubes. 8 servings.

Guwayabano-Duhat Juice

1 large guwayabano
½ cup kalamansi juice
½ cup duhat juice
2 cups sugar (brown)
20 cups water

Wash all fruits. Peel guwayabano and press ripe pulp through strainer. Combine all juices; add sugar and stir. Add water and serve cold. Garnish with thin slices of lemon. 25 servings.

Kalamansi-Ade

¼ cup sugar syrup (1 part sugar to 2 parts water)
⅓ cup kalamansi juice
4 cups ice water

Add strained fruit juice to syrup, dilute with ice water. 5 servings.

Melon-Papaya Merger

1 cup papaya pulp
1 cup melon, grated
3 cups water
2 tablespoons kalamansi juice
½ cup sugar

Strain papaya pulp and melon pulp. To the puree, add kalamansi juice, water and sugar to taste. Chill, before serving. 8 servings.

Molded Fruit Salad

3 cups water
2 bars gulaman
1 cup sugar
1 medium melon kastila
2 ripe mangoes
1 ripe avocado
1 medium watermelon
2 slices pineapple rings

Boil water and add gulaman until it dissolves. Add sugar. Coloring may be added if desired. Cool. Scoop melon, mangoes, avocado, and watermelon with a potato ball cutter. Arrange fruit in a loaf or tube pan. Pour dissolved gulaman to one inch depth. Set pan in a basin of cold water until firm. Add more fruits and gulaman mixture. When ready to serve, unmold into a platter on a bed of salad greens. Garnish with pineapple halves, made by dividing each ring into two. 12 servings. Serve with Fruit Salad Dressing, prepared as follows:

Fruit Salad Dressing

1 cup pineapple juice
4 tablespoons cornstarch
½ cup sugar
2 egg yolks
½ cup milk
2 tablespoons butter

Mix pineapple juice, cornstarch and sugar in a double boiler. Cook until thick. Stir in slightly beaten egg yolks. Add milk and butter. Cool.

Native Fruit Medley

½ cup green mango, grated
½ cup kalamansi juice
½ cup medium ripe papaya or melon, finely grated
3½ cups cold water
½ cup sugar

Mix grated green mango and kalamansi juice with the other fruits strain. Add ice water and sugar. Stir until sugar is dissolved. Serve in tall glasses. 8 servings.

Papaya-Ade

2 cups ripe papaya pulp
4 tablespoons kalamansi juice
½ cup plus 2 tablespoons sugar
4 cups water

Place first two ingredients in a Waring blendor with one cup water. Cover. Turn on blendor and run until mixture is thoroughly blended. Pour blended ingredients into a pitcher. Stir in sugar and add 3 cups water. Serve with ice cubes. 8 servings.

Papaya-Pineapple-Kalamansi Punch

2 cups pineapple juice
2 cups ripe papaya mashed through a sieve
Juice from 10 kalamansi
¾ cup sugar
2½ cups cold water

Combine pineapple juice, mashed papaya and kalamansi juice. Mix well, add sugar and cold water. Stir until sugar is dissolved. Serve cold. 10 servings.

Ripe-Mango-Ade

½ cup sugar
3 cups water
1½ cups ripe mango pulp, mashed
½ cup kalamansi or lime juice

Combine sugar and water. Bring to a boil. Cool. Add mango pulp, kalamansi juice and chill. Pour mixture over cracked ice before serving. 10 servings.

72190—4

Group III—OTHER FRUITS AND VEGETABLES

Ampalaya Salad

Use garden fresh large ampalaya fruit. Wash well. Slice very thin. Serve raw with sliced tomatoes seasoned with patis or bagoong. 4 servings.

Ampalaya with Eggs

2 medium ampalaya, sliced cross-wise
2 segments garlic, pounded
4 tablespoons lard
⅓ cup tomato, sliced
¼ cup water
1 teaspoon salt
Dash of pepper
2 eggs beaten slightly

Cut ampalaya lengthwise and remove seeds. Slice thinly. Sauté garlic and onion, add tomatoes and water. Cover and allow to boil. Season to taste. Add sliced ampalaya, cover and cook 5 minutes. Add beaten eggs. Cook over slow fire until eggs are slightly firm. 4 servings.

Ampalaya Guisado

3 tablespoons lard
2 segments garlic, crushed
1 medium onion, sliced
4 medium tomatoes, sliced
½ cup shrimps peeled and cut into pieces
1 cup pork, boiled and diced
2 cups shrimp juice from pounded head of shrimps
5 cups rice washing
2 tablespoons patis
2 teaspoons salt
Dash of pepper
Sotanghon soaked and cut 2" long
3 medium ampalaya, sliced

Sauté garlic, onion, tomatoes and pork, shrimps and shrimp juice. Cover 2 minutes. Add rice washing and bring to a boil. Season to taste. Add sotanghon and cook for 5 minutes. Drop sliced ampalaya. Cover and cook for 5 minutes. 6 servings.

Avocado Ice Cream

8 cups milk
2 cups avocado, mashed
2 cups sugar

Scald milk. Cool. Add avocado and sugar. Freeze in a well scalded ice cream freezer using eight parts of ice to one part salt. 20 servings.

Avocado Salad

1 large avocado
1 tablespoon kalamansi juice
½ teaspoon salt
1 cup lettuce, shredded
1 small cucumber, sliced crosswise
1 tomato cut crosswise
1 medium carrot, cut into strips
¼ cup mayonnaise

Cut avocado into halves. Reserve one piece. Cut other half into lengthwise slices. Peel off skin. Sprinkle fruit with kalamansi juice and salt. Line salad bowl with lettuce. Place avocado half in center of bowl and fill with mayonnaise. Arrange avocado slices, cucumber, tomatoes and carrots strips around the sliced avocado. Chill until serving time. 6 servings.

Bamboo Shoots Salad

1 cup cooked bamboo shoots (cut into thin narrow strips)
2 tablespoons patis or bagoong sauce
2 tablespoons kalamansi juice
2 medium tomatoes, sliced

Add kalamansi juice to patis or bagoong sauce. Season bamboo shoots with this mixture. Garnish with sliced tomatoes. 2 servings.

Banana Blossom Salad

2 cups banana blossom cut into 2" slices
2 tablespoons patis or bagoong sauce
2 tablespoons vinegar
2 tomatoes sliced crosswise

Boil banana blossoms and cook until tender. Season with patis or bagoong sauce and vinegar. Garnish with tomatoes. 4 servings.

Cauliflower with Crabs

2 medium cauliflower
4 tablespoons lard
2 segments garlic, pounded
½ small onion, sliced
½ cup crab meat
2 cups rice washing
1 medium carrot, sliced thinly
½ teaspoon salt
2 tablespoons toyo (soy sauce)
1 teaspoon flour, dissolved in 1 tablespoon water
2 sprigs of kinchay

Break cauliflower into flowerets. Sauté garlic, onion and crab meat. Add rice washing. Bring to a boil. Season with salt and toyo. Add cauliflower, cabbage and carrots. Cover and cook for 5 minutes. Add crab meat, thicken with cornstarch and a dash of pepper. When done, remove from fire and serve hot. Garnish with kinchay. 6 servings.

Cucumber Basket

Pare cucumber if skin is thick. Divide cucumber into 3 inch pieces. With a silver fork, make parallel lines crosswise midway of each piece of cucumber. This will be for the handle of the basket. Leave a thin slice of each end to hold the salad. Scoop out center. Cut the scooped parts into cubes. Marinate with French Dressing, refill and chill. Arrange the baskets on nest of lettuce leaves and garnish with strips of red pepper or tomatoes, running the strips around the handle. 3 servings.

Eggplant Omelet

4 eggplants (large)
5 tablespoons lard
2 segments garlic, pounded
1 small onion, chopped
2 medium tomatoes, chopped
¼ kilo ground pork
½ teaspoon salt
Dash of pepper
2 eggs, beaten
¼ cup bread crumbs

Filling:

Saute garlic, onion, tomatoes and ground pork. Season with salt and pepper. Cook 10 minutes over low fire. Cool. Broil eggplants, remove skin but keep the stem intact. Slit eggplant lengthwise, stuff each eggplant with 4 tablespoons of the filling. Dip eggplant in bread crumbs, then in well beaten eggs and in bread crumbs again. Fry in hot fat. 6 servings.

Gado-Gado (Indonesian Mixed Salad)

Vegetables:

¼ kilo cabbage
¼ kilo stringbeans
¼ kilo bean sprouts
1 cucumber
1 bunch radishes

Cut cabbage and beans into 1-inch pieces. Parboil. Blanch bean sprouts, reserving cooking water. Slice cucumber and radishes. Arrange on serving dish in separate compartments. Garnish with potato chips and hard-cooked eggs. Serve with the following peanut butter sauce:

1 teaspoon salt
2 teaspoons brown sugar
1 teaspoon lemon juice
1 onion sliced and fried
1 or 2 cloves garlic, chopped fine or sliced and fried
Few hot peppers
¼ to ½ pound finely ground peanut butter
½ cup warm water from boiled vegetables
Garnish: 2 hard-cooked eggs, small package potato chips

Mix all ingredients together with warm vegetable water. Place on sauce boat. 8 servings.

Lumpia (Chinese) with Sweet-Sour Sauce

½ kilo pork, ground
½ kilo shrimps, peeled and chopped
¼ cup boiled apulid, chopped
½ cup mushrooms, chopped
½ cup kutsay, finely cut
2 teaspoons salt
Dash of pepper
2 eggs
1 tablespoon soy sauce
20 lumpia wrappers
½ cup fat

Mix pork, shrimps, apulid, mushrooms, kutsay, salt, pepper, egg yolks and toyo. Wrap in lumpia wrapper into very small rolls about the size of a finger and fry in deep fat. Serve with sweet-sour sauce. 10 servings.

Sweet–Sour Sauce

2 tablespoons vinegar
2 tablespoons sugar
1½ tablespoons toyo
1 cup water
1 tablespoon flour or cornstarch

Combine vinegar, sugar and toyo. Bring to a boil. Add dissolved flour or cornstarch and stir until mixture thickens. Cook over low fire for 1 minute. 10 servings.

Lumpia (Macao)

Pastry:

1 cup pastry flour
¼ teaspoon salt
¼ cup shortening
⅓ cup ice water

Mix salt with flour. Work in shortening with finger tips or two knives until shortening is evenly mixed in bits. Stir with fork and moisten dough with water. Put in a bowl and set aside for ½ hour. In the meantime, prepare filling:

10 cooked shrimp shelled and diced
½ cup cooked mushrooms
¼ cup apulid
½ cup ham, diced
½ kilo liampo (pork) chopped to paste mixed with 1 raw egg
4 tablespoons lard
2 segment garlic, minced
3 tablespoons green onions

Mix all ingredients together. Season with toyo. Roll out dough very thinly. Cut with round biscuit cutter. Place a small portion of stuffing in center of each piece. Ruffle sides around the filling like an open rose. Arrange lumpia in a tin plate, sprinkle cold water over them. Steam for ½ hour. 10 servings.

Lumpia with Peanuts

¾ cup pork, boiled
5 segments garlic
1½ tablespoons onion, sliced thin
¼ cup tokwa, diced
¼ cup shrimps, shelled
½ cup abitsuwelas, sliced
⅓ cup carrots, diced
½ cup yellow camote, diced
1½ cup cabbage, shredded
1 tablespoon toyo
1⅔ tablespoons kintsay, cut ½ inch length
¼ cup toasted peanuts
12 pieces lumpia wrapper
12 lettuce leaves

Saute garlic, onion, pork, and tokwa. Add one cup shrimp juice cook two minutes. Season with toyo. Add yellow camote, carrots and green beans or abitsuwelas. Cover and cook for two minutes Add cabbage and kintsay and cook three minutes longer. Set aside to cool. Sprinkle half of the amount of ground peanuts and wrap in individual lumpia wrappers with lettuce. Save any broth left for the sauce. Before closing each wrapper, sprinkle about one teaspoon peanuts in each wrapper. Serve with brown sauce. 6 servings.

Brown Sauce

1½ tablespoons sugar
½ tablespoon toyo
¾ cup broth
¾ teaspoon salt
1⅓ tablespoons cornstarch, dissolved in water
3 segments garlic, minced

Combine sugar, toyo, salt, and broth. Bring to a boil. Add dissolved cornstarch, and stir until mixture thickens. Cook over low fire for one minutes. Serve with finely minced garlic. 6 servings.

Lumpia (Ubod)

¼ kilo boiled pork, diced
2 cloves garlic, minced
1 small onion, sliced
½ cup raw ham
¼ kilo boiled shrimps, shelled and diced
2 cups shrimp juice from pounded shell and heads of shrimps
4 tablespoons toyo
2 medium carrots cut into strips
1 cup green beans, finely sliced
½ kilo cabbage, shredded
½ cup garbanzos, boiled
¼ medium ubod, boiled and sliced
20 lettuce leaves, washed
20 lumpia wrappers

Extract fat from pork. Sauté garlic, onion, ham, pork and shrimps. Add shrimp juice and toyo. Bring to a boil. Add carrots and green beans. Cover and cook 5 minutes. Add

cabbage, garbanzos and ubod. Cook 3 minutes longer. Set aside to cool. Wrap in individual wrapper lined with lettuce. Serve with brown sauce. 20 servings.

Picadillo with Sayote

1 tablespoon lard
1 segment garlic, minced
1 small tomato, sliced
1 onion, sliced
¼ cup ground pork
1 cup water or rice washing
1 teaspoon salt
Dash of pepper
1 cup sayote, diced

Sauté garlic, onion, tomatoes and ground pork. Add water or rice washing. Season to taste then bring to a boil. Add sayote, cover and cook 5 minutes. 2 servings.

Pinakbet

1 cup boiled pork, diced
2 segments garlic, crushed
½ medium onion, sliced
⅓ cup tomatoes, sliced
½ cup small shrimp
1 cup broth
2 tablespoons bagoong
½ teaspoon salt
½ cup fresh patani seeds
1 medium ampalaya, sliced
2 eggplants, cut into 2″ length
½ cup radish fruit

Extract fat from pork. Sauté garlic, onion, tomatoes, pork and shrimp. All broth and allow mixture to simmer 2 minutes. Season to taste. Bring to a boil, add patani, cover and cook 4 minutes. Add the rest of the vegetables. Cook 10 minutes longer.

Radish with Shrimps

3 tablespoons lard
2 segments garlic, crushed
2 tablespoons onion
½ cup shrimp, shelled
½ cup shrimp juice
3 cups radish, grated
¼ cup vinegar
1 teaspoon salt
Dash of pepper
2 tablespoons green onions

Sauté garlic, onion and shrimp. Add shrimp juice and vinegar. Boil. Season to taste and add radish. Cover and cook 5 minutes. Sprinkle green onions and remove from fire. 3 servings.

Sautéed Malunggay Pods

10 fresh malunggay pods
3 tablespoons lard
2 segments garlic
1 medium onion, sliced
4 medium tomatoes, sliced
½ cup shrimps, peeled and cut into pieces
1 cup pork, boiled and diced
2 cups shrimp juice from pounded head of shrimps
2 cups rice washing
1 tablespoon bagoong sauce
½ teaspoon salt
1 cup fresh patani seeds from pods
1 cup green paayap cut into two inch lengths

Cut malunggay pods lengthwise into 4 pieces. Get white pulp which includes tender seeds. Discard outer covering. Saute garlic, onion, and tomatoes. Add pork, shrimp, and shrimp juice. Cover 2 minutes. Season to taste with bagoong sauce and salt. Add fresh patani seeds. Cook 3 minutes before adding green paayap and malunggay pods. Cook about 7 minutes longer. 8 servings.

Sayote Guisado

1 tablespoon lard
1 segment garlic, crushed
1 tablespoon onion, sliced
⅓ cup boiled pork, cubed
⅓ cup shrimp
½ cup shrimp juiced
2 sayotes cut into cubes
1 teaspoon salt
Dash of pepper

Sauté garlic, onion, pork and shrimp. Add shrimp juice. Boil and season to taste. When it boils, add sayote, cover and cook 5 minutes. 4 servings.

Seguidillas Salad

1 cup water
10 fresh seguidillas cut thinly crosswise
Seasoned vinegar
2 medium tomatoes, sliced
1 small onion, cut thinly crosswise
1 salted egg or hard-cooked egg, sliced

Drop seguidillas in boiling water. Cover and cook 9 minutes. Drain. Put in a plate. Drizzle with vinegar, seasoned with salt, sugar and pepper. Garnish with tomatoes, onion and egg. The liquid left after cooking should be added to soups, sauces or gravies. 5 servings.

Upo Guisado

2 cups upo, cut into cubes
2 tablespoons lard
2 segments garlic, crushed
6 medium tomatoes, chopped fine
½ medium onion, minced
1 cup pork, ground
1 cup rice washing colored with achuete
3 tablespoons patis or bagoong sauce
Salt and pepper

Sauté garlic, onion, tomatoes and ground pork. Add rice washing. Cover and bring to a boil. Season to taste and add upo. Cover and cook until almost tender. 4 servings.

Vegetable Macedoine

4 tablespoons lard
4 segments garlic, crushed
½ medium onion, sliced
1 cup boiled pork, cubed
½ cup shrimps, shelled and halved
2 cups shrimp juice
1 teaspoon salt
1 cup sweet potatoes, cubed
2 cups green beans, cut into diagonal strips
3 cups cabbage, cut into narrow strips
½ cup kintsay, cut in 1 cm. lengths
1 bunch lettuce

Sauté garlic, onion, pork and shrimps in lard. Add shrimp juice. Bring to a boil and season to taste. Add sweet potatoes, cover and cook 4 minutes. Add green beans, cover and cook 5 minutes. When almost done, add kintsay and cabbage. Cover and cook 4 minutes longer. Line bowl with lettuce leaves and put cooked vegetables in center. Serve with Brown Sauce. (See page 20). 10 servings.

72190——5

Barbecue Sauce

4 cups water
½ cup guava jelly
¼ cup peanut butter
4 teaspoons cornstarch
1 teaspoon salt
1 tablespoon garlic
2 tablespoons onion
1 tablespoon ginger, chopped
2 pieces hot pepper (siling labuyo) minced
2 tablespoons each of green and red large pepper, chopped
2 tablespoons lard
4 tablespoons kalamansi

Mix water in a bowl with jelly, peanut butter, cornstarch and salt.

Sauté minced garlic, onion, ginger, siling labuyo, green and red pepper in lard. Add jelly-peanut butter mixture. Boil until thick. Lastly, add kalamansi juice. Serve hot.

Brown Gravy

½ sliced onion, if desired
2 tablespoons butter or margarine or fat from roasting pan
3 tablespoons flour
1 cup meat stock
¼ teaspoon salt
⅛ teaspoon pepper

Cook onion in fat until slightly browned. Remove onion. Add to the hot fat flour mixed with seasonings. Stir continuously. Add stock gradually. Cook 15 minutes, preferably, in double boiler, if possible. If thinner sauce is desired, add boiling water or stock and stir thoroughly. If a stronger onion flavor is preferred, mince onion and leaves in gravy or add a few drops of onion juice.

Buko Delight

¼ cup fresh corn, chopped fine
½ cup water
½ cup sugar
½ cup buko, grated
3 drops vanilla

Boil corn with water until tender. Add sugar and buko. Continue boiling until it reaches the consistency of a jam. Add vanilla just before removing from fire. Pour mixture in a mold. Freeze before serving. 6 servings.

Buñuelos

1 cup water
⅓ cup margarine
½ teaspoon salt
1 cup sifted pastry flour
4 eggs, unbeaten
Lard for frying

Boil water, margarine and salt for 2 minutes. Add sifted flour and stir continuously in one direction. Continue to cook until mixture leaves the sides of the pan. Remove from pan and allow mixture to cool. Add unbeaten eggs one at a time. Stir well. Drop mixture by tablespoons in deep hot lard. Fry until golden brown. 8 servings.

Butter Cookies

1 cup butter
¾ cup sugar
1 egg
1 teaspoon vanilla
2½ cups sifted all-purpose flour
½ teaspoon baking powder
⅛ teaspoon salt

Cream butter and sugar, add egg and vanilla. Add dry ingredients slowly. Press thru cookie press on greased pans. Bake in a moderately hot oven until golden brown-100 small cookies.

Butter Icing for Sponge Cakes

1 pound butter
1½ cups sugar
1 can evaporated milk (14½ oz. can)

Cream butter and sugar, adding milk by tablespoons until smooth.

Caramel Fudge with Pili Nuts

1 cup white sugar

Caramelize sugar, stirring constantly.
Meanwhile, heat together:

4 cups white sugar
1 cup milk
½ teaspoon salt
1 teaspoon vanilla
1 cup pili nuts, chopped

Combine sugar, milk and salt. Heat mixture for 3 minutes. Slowly pour heated mixture into caramelized sugar. Cook until it reaches the soft ball stage. Remove from heat, cook and add vanilla. Beat for 5 minutes. Add chopped pili nuts and beat again before turning into buttered pan. Cool and cut into squares. 50 squares.

Chicken Salad Dressing

½ cup rich chicken stock
½ cup vinegar
5 egg yolks slightly beaten
1 teaspoon salt
¼ teaspoon pepper
2 tablespoons prepared mustard
⅛ teaspoon cayenne
½ cup thick cream
⅓ cup melted butter

Add to stock from which fowl has been cooked, vinegar, egg yolks and seasonings. Cook in double boiler, stirring constantly, until mixture barely begins to thicken. Do not overcook. Strain cream and butter. Cool.

Chiffonade Dressing

French Dressing
2 tablespoons finely chopped parsley
2 tablespoons finely chopped red pepper
1 teaspoon finely chopped onion
2 hard cooked eggs, finely chopped

Mixed ingredients, chill and shake thoroughly.

Cooked Olive Oil Dressing

1½ teaspoons mustard
1 teaspoon salt
2 teaspoons powdered sugar
Few grains cayenne
2 eggs slightly beaten
5 tablespoons olive oil
⅓ cup vinegar, diluted with cold water to make ½ cup

Mix dry ingredients. Add egg and oil gradually, stirring constantly until thoroughly mixed. Add diluted vinegar. Cook over boiling water until mixture begins to thicken. Strain and cool.

Crackling (Sitsaron)

Prepare a kilo of the fat and skin of the butchered hog. Cut ½ inch thick by 2 inches wide. Hog skin which is often discarded can be utilized for this recipe.

Put the pieces of pork in a carajay or saucepan with a little amount of water. Cover and cook over low heat until skin is hard.

Put off the fire leaving the carajay or saucepan on the stove for half an hour longer. Drain from lard, set aside to cool or store in glass jars. When needed, heat lard and drop pork skin stirring constantly until skin puffs up. Sprinkle occasionally with water to make it puff out. Serve with vinegar garlic sauce. 24 cracklings.

Creole Sauce

2 tablespoons onion, chopped
4 tablespoons green pepper, chopped finely
2 tablespoons butter or margarine
2 medium tomatoes
¼ cup mushrooms, sliced
6 olives, seedless
1⅓ cups gravy
½ teaspoon salt
⅛ teaspoon pepper
Sherry, if available

Cook onion and pepper with butter or margarine for 5 minutes. Add tomatoes and mushroom. Add olives and cook 2 minutes. Add gravy. Bring to a boiling point. Add sherry to taste.

Curry Sauce

1 small onion, sliced
2 tablespoons butter or margarine
2 tablespoons flour
1 teaspoon curry powder or more
2 cups chicken stock or canned bouillon or bouillon cubes and water
1 teaspoon salt
¼ teaspoon pepper

Sauté onion in butter or margarine until soft. Stir in flour mixed with curry powder and blend well. Add stock slowly. Bring to boiling point stirring constantly or cook in double boiler at least 20 mintues. Season to taste.

For additional seasoning any of the following or a combination may be cooked in the sauce.

1 tomato, peeled and chopped
1½ cups celery, diced
1 teaspoon parsley, chopped
1 bay leaf
Strain if desired

Drawn Butter Sauce

⅓ cup butter
3 tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper
1½ cups hot water or fish stock
1 teaspoon lemon juice

Melt half the butter, add flour with seasonings. Pour on water or stock gradually. Boil 5 minutes. Add lemon juice and remaining butter in small bits.

French Dressing

½ cup olive oil
1 teaspoon salt
½ teaspoon pepper or paprika
¼ cup vinegar, red vinegar
¼ teaspoon sugar

Place ingredients in small covered bottle or glass jar. Chill thoroughly. Just before serving, shake vigorously 1 or 2 minutes. Make a larger amount and keep on hand to use on salads, as a seasoning or for marinating meat or vegetables.

Giblet Gravy

Pour off liquid in pan in which a chicken has been roasted. From liquid skim off 4 tablespoons fat. Return fat to roasting pan and brown with 4 tablespoons flour. Add 2 cups stock in which giblets, neck and wings have been cooked. Cook 5 minutes, season with salt and pepper, then strain. Use remaining fat in place of lard, for frying purposes.

Hollandaise Sauce

½ cup butter
2 egg yolks
1 tablespoon lemon juice
¼ teaspoon salt

Beat butter until creamy. Beat in egg yolks one at a time. Add lemon juice. Season with salt. Set bowl over hot water and stir mixture until slightly thickened. Set aside until ready to serve. Add boiling water, a teaspoon at a time, until of desired consistency.

Lechon Sauce

1 whole pig's liver, roasted
1 cup water
4 tablespoons lard
1 head garlic, minced and browned
¼ cup bread crumbs
¼ cup vinegar
Salt to taste
¼ cup sugar
¼ cup kasubha
1 teaspoon black pepper

Pound or grind pork liver. Add water and strain. Saute onion, add liver, bread crumbs, vinegar, salt and sugar. Add the browned garlic, lard and kasubha. Season with pepper, cook until thick.

Makapuno Ice Cream

4 cups fresh or whole milk
1 cup sugar
1 medium makapuno, grated

Scald the milk. If evaporated milk is used dilute with water to a proportion of one to one. Add sugar and grated makapuno to the milk and freeze. 10 servings.

Makapuno Meringue

1 medium makapuno (sport coconut), grated
3 egg whites
1½ cups sugar
1 pinch anis
¼ teaspoon baking powder

Beat egg whites until stiff and dry. Add sugar little by little, then the anis. Fold in grated makapuno. Drop by spoonfuls in greased baking sheets and bake in a slow oven until the meringue is dry. 10 servings.

Mantecado Ice Cream

4 cups fresh carabao's milk
4 egg yolks
1 cup sugar
1 tablespoon kalamansi rind

Scald the milk. Cool, add yolks, sugar and rind. Freeze in a well-scalded ice cream freezer. 10 servings.

Masapan de Pili

¼ cup butter
1 cup white sugar
10 egg yolks
2½ cups pili nuts, ground

Remove excess oil from ground nuts. Cream butter and sugar. Add slightly beaten egg yolks, and pili nuts. Cook over a low fire until the paste is quite dry. Drop by teaspoons on baking sheets, brush top with egg yolk and brown in a moderate oven. 40 pieces.

Mayonnaise I

½ teaspoon mustard
½ teaspoon sugar
½ teaspoon salt
Few grains cayenne
1 egg yolk
1 tablespoon vinegar
¾ cup olive oil or salad oil
1 tablespoon lemon juice

Sift first 4 ingredients into a deep bowl. Add egg yolks, mix thoroughly and add vinegar, stirring constantly. Beat in 3 teaspoons oil, a drop at a time, using fork, wire whisk, small wooden spoon or egg beater as preferred. Beat in remaining oil, 1 teaspoon at a time, until mixture thickens. Be sure mixture is completely smooth before each new addition of oil. Stir in lemon juice, adding more if mayonnaise is too thick.

Mayonnaise should be stiff enough to hold its shape, but will thicken somewhat after standing in cool place (not refrigerator). Do not stir or beat after making. It soon liquefies when added to meat or vegetables, therefore it should be added just before serving time. If dressing is to be kept for a few days, add at the last one teaspoon hot water.

If mayonnaise curdles (usually because oil has been added too rapidly) put an egg yolk into a bowl and add mayonnaise to it, beating it in gradually.

Mayonnaise II (Whole Egg)

½ teaspon salt
¼ teaspoon mustard
⅛ teaspoon cayenne
1 tablespoon vinegar
1 egg
1½ cups olive oil
1 tablespoon lemon juice

Mix dry ingredients, add vinegar and egg. Beat with egg beater, add ⅓ cup oil, and beat until dressing begins to thicken. Add ⅓ cup oil, beat as before. Add remaining oil, a little at a time. Beat until thick. Thin with lemon juice.

Pastillas de Pili

1 cup pili nuts, finely chopped
¾ cup sugar
½ cup evaporated milk

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Mix all ingredients and cook over slow fire stirring constantly to avoid burning. Cook until thick. Sprinkle sugar on a board and spread the mixture with a rolling pin. Cut into desired shape. 25 pieces.

Pili Brownies

½ cup pili nuts, ground
2 tablespoons butter or margarine
1 cup sugar
1 egg, well beaten
¼ cup milk
1 square chocolate
1 cup sifted flour
2 teaspoons baking powder
¼ teaspoon soda

Cream pili nuts, and butter together. Add sugar, egg, milk and sifted dry ingredients. Drop by spoonfuls on greased baking sheets. Bake in a moderately hot oven for about 10 minutes. Recipe makes 36 cookies.

Potato Mayonnaise

1 very small baked potato
1 teaspoon mustard
1 teaspoon salt
1 teaspoon powdered sugar
2 tablespoons vinegar
¾ cup olive oil

Remove potato from skin and mash. Add mustard, salt and powdered sugar. Add 1 tablespoon vinegar and rub mixture through fine sieve. Beat mixture while adding slowly oil and remaining vinegar.

Sans Rival

5 egg whites
1¼ cups cashew or almond (chopped)
1⅓ cups sugar
1 teaspoon vanilla

Beat egg whites well. Add sugar little by little and the chopped cashew. Place this mixture in square pans. Grease pans with oil or butter. Sprinkle with flour to keep mixture from sticking. Pour a small amount of the mixture into about ⅛ inch thick. Bake in a moderate oven until brown. Remove from the pan immediately. A wax paper lined pan will be better for the purpose. 10 servings.

Spanish Sauce

2 tablespoons raw ham or bacon, finely chopped
2 tablespoons celery, chopped
2 tablespoons carrot, chopped
1 tablespoon onion, chopped
4 tablespoons butter or 2 tablespoons bacon fat
4 tablespoons flour
1⅓ cups meat stock
⅔ cup tomatoes, chopped

Cook ham or bacon and vegetables with butter. Add flour, stir. Add the stock and tomatoes. Cook for 5 minutes, and strain or not as desired.

Specialty of the House Sauce

2 tablespoons butter or margarine
½ cup onion, chopped
¼ cup green onions, chopped
6-ounce can tomato paste
1 cup water
⅛ teaspoon cayenne pepper
1 teaspoon black pepper
1 tablespoon brown sugar
2 tablespoons vinegar
1 tablespoon Worcestershire sauce
1 teaspoon salt

Melt butter, add onion and green pepper. Cook until lightly brown. Add remaining ingredients. Simmer until thickened at least 15 minutes. If sauce becomes too thick add a little more water.

Tartare Sauce

¾ cup mayonnaise
¼ tablespoon onion, finely chopped
1 tablespoon vinegar
Pickles, Olives, Parsley — ½ tablespoon each finely chopped

Combine ingredients.

Turron de Pili

¾ cup sugar
1 cup pili nuts, chopped

Melt sugar slowly in a copper vat over a slow fire. Add chopped nuts and stir well. Pour over buttered plate and cool partially. Cut to desired pieces. Keep in well-covered containers. 8 servings.

Vinaigrette Sauce

1 teaspoon salt
¼ teaspoon paprika
Few grains pepper
3 tablespoons vinegar
6 tablespoons olive oil
1 tablespoon green pepper, chopped
1 tablespoon cucumber pickle, chopped
1 teaspoon parsley, chopped

Combine ingredients. Vary as desired.

72190——6

Group V—PROTEIN RICH FOODS

Adobong Dalag (or Hito)

1 big dalag (or hito), cleaned and cut into serving portions
½ head garlic, pounded
½ cup vinegar
½ cup water
Peppercorn
½ cup coconut milk
Dilaw or kasubha

Combine fish with garlic, vinegar, dilaw (or kasubha), and water if the vinegar is too sour (otherwise omit water), and the peppercorn. Add coconut milk and boil until fish is done. Yield: 8–10 servings.

Adobong Talangka

2 tablespoons lard
2 cloves garlic, pounded
4 tablespoons vinegar (diluted with ¼ cup water)
2 cups talangka, shelled (previously boiled)
¼ teaspoon salt
Dash of pepper

Saute garlic and add seasoned vinegar and water. Boil mixture for 5 minutes. Add shelled talangka and cook until dry. Garnish with red top shell placed around the "adobo." Yield: 4 servings.

Almondigas (Meat Ball Soup)

1 cup ground pork
1 egg
½ cup ground shrimp meat
1 tablespoon shortening
½ cup misua
2 cloves garlic
1 minced onion
3 cups shrimp juice
Salt and pepper to taste
1 tablespoon chopped green onion

To the pork and shrimp add green onion, egg and the desired seasonings. Shape into small balls about the size of kalamansi. Saute garlic, onion and shrimp. From pounded head of shrimps, extract shrimp juice; add water to make 3 cups of juice. Place liquid in pan, bring to a boil; drop the meat balls one by one into boiling mixture. Cook 5 minutes, add misua, cover and cook 1 minute longer. Season with salt and pepper. Sprinkle green onions on top before serving. 5 servings.

Asado de Carajay (Chicken)

1 medium chicken, cut in serving pieces
1 cup vinegar
3 onions (1 sliced fine, others quartered)
½ teaspoon salt
1 cup lard
1 clove garlic, pounded
½ cup tomato sauce
1 cup water
4 potatoes, quartered
Dash of pepper

Soak chicken 10 minutes in a mixture of vinegar, sliced onion and salt. Drain and fry in deep hot lard until golden brown. Saute garlic, sliced onion and tomato sauce and chicken in about 3 tablespoons lard. Add water or meat stock and allow to simmer gently for 30 minutes until chicken is almost tender. Add potatoes and onions (quartered). Cook 10 minutes until vegetables are done. Season with salt and pepper. Serve hot. Yield: 8–10 servings.

Babato

1 small dalag, cleaned and cut into serving sizes
¼ cup vinegar
1 teaspoon salt
Small piece of ginger
½ cup roasted, ground rice
2 cups coconut milk
2 segments garlic, pounded
½ teaspoon sugar

Combine vinegar, salt and ginger. Cook fish in this mixture. Saute garlic and add ground rice and coconut milk. Boil for 5 minutes. Add cooked fish and season with sugar to taste. Yield: 2 servings.

Bagoong Alamang at Manggang Hilaw

2 green mangoes, sliced
¼ cup bagoong alamang
1 tablespoon lard
1 tablespoon chopped onion
1 medium tomato sliced

Green mangoes make a very good relish for luncheon when served with bagoong na alamang. Arrange sliced or grated green mangoes around the alamang. 6 servings.

Bagoong na Dilis

3 medium tomatoes, sliced
½ of an onion, chopped
¼ cup fresh bagoong na dilis colored with angkak

Mix together fresh tomatoes, chopped onion, fresh bagoong na dilis colored with angkak. This makes a very good sauce for sinigang. 6 servings.

Bakalao a la Vizcaina

½ kilo dry salt cod (bakalao)
2 medium onions, sliced
6 large tomatoes
2 pimientos (sweet green or red pepper)
½ clove garlic
A slice of bread
¼ cup bread crumbs
Pepper and salt
½ cup olive oil or cooking oil

Soak the cod for 12 hours. Put it in a saucepan of cold water, bring to a boil and, as soon as it comes to a boil, remove the fish and drain in a colander. Take the bones out carefully without breaking the pieces of fish, then roll in flour and fry to a golden color in hot oil. Slice 2 onions fine and fry in oil. When golden color, add 1 tomato, cut in small pieces, and fry them. In another saucepan, fry 1 chopped onion, 4 tomatoes, cut in quarters, and Spanish peppers, garlic, and the slice of bread. Simmer for 1 hour and when reduced to a pulp, rub the whole contents of this saucepan through a sieve, and add this puree to the other saucepan of fried onions and tomatoes.

To serve, put a layer of sauce in the dish, place the fish on this and over it pour more sauce. Sprinkle with bread crumbs and parsley, and set in the oven to brown. 8 servings.

Baked Apahap

1 large apahap, well-cleaned
3 thinly sliced, salted pork
¼ teaspoon salt
1 tablespoon kalamansi juice
Strips of red pimiento for garnishing
1 medium onion, chopped
4 cups water
4 tablespoons olive oil
1 tablespoon flour
1 hard-cooked egg, sliced

Cut 3 or 4 incisions crosswise on the flesh of the fish. Insert salted pork. Salt fish to taste; add kalamansi juice, onion, water, and olive oil. Bake in a moderate oven basting it every fifteen minutes with the fish stock, until about ⅓ of the liquid is left. Thicken with flour. Pour gravy over the fish placed on a large platter. Garnish with strips of red pimiento and sliced hard-cooked eggs. 10–12 servings.

Baked Talakitok with Cheese

4 slices salted pork, cut into small pieces
1 kilo "talakitok", cleaned
dash of pepper
¼ teaspoon salt
½ cup cheese, grated

Spread pieces of pork in baking pan and lay fish on top. Add salt and pepper and cover with cheese. Bake for 25 minutes in hot oven. 8 servings.

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"Balay" Omelet

2 eggs, slightly beaten
2 tablespoons water
Dash of salt and pepper
2 tablespoons lard (for filling)
1 clove garlic
1 small onion, sliced
1 medium tomato, chopped
¼ cup cooked balay, shelled
2 tablespoons lard (for omelet)

Add water and seasoning to slightly beaten eggs. Saute garlic, onion, tomatoes and balay. Add mixture to the beaten eggs. Put 2 tablespoons lard in hot frying pan. Pour beaten eggs. When firm, turn mixture and reduce heat. As omelet cooks, lift with spatula, letting uncooked part run underneath. Omelet should be creamy inside. Fold and turn to platter. 2–3 servings.

"Bangus" Loaf

1 kilo bangus, cleaned, boiled and flaked
1 tablespoon lard
½ cup chopped tomatoes
3 eggs, beaten
1 tablespoon butter
Salt and pepper to taste

Heat lard in pan, add tomatoes and cook 5 minutes in low fire, stirring constantly. Add flaked bangus and cook 5 minutes longer. Cool mixture, add eggs and season with salt and pepper. Grease a mold, pour in the cooked mixture. Sprinkle with little bits of butter on top. Bake in a moderate oven until "loaf" shrinks from pan. Serve with tomato catsup. 10 servings.

Bangus Sa Tocho

1 medium bangus, dressed
1 cube tahure (2" × 2" × ¼")
2 pieces ginger, sliced
½ onion, sliced
2 teaspoons vinegar
½ cup water
2 tomatoes, sliced
2 cloves garlic, sliced crosswise
½ cup lard

Fry fish until golden brown. Set aside. Mash tahure in a little water and vinegar. Saute garlic, onion, tomatoes, ginger and tahure. Add water, fish and cook 3 minutes longer. Serve at once. 4–5 servings.

Barquitos

Pastry:

1 cup flour, sifted
⅛ pound butter
3 tablespoons cold water with ice cubes

Cut butter into flour using two knives. Add three tablespoons water with ice cubes (remove ice after 2 minutes). Mix and

when dough sticks together, pass the rolling pin and shape using the cutter. Bake for 5 minutes or until done. Makes 2 dozens.

Filling:

2 eggs
¾ cup sugar
¾ cup chopped peanuts
1 teaspoon vanilla

Beat egg yolks until creamy. Add sugar and mix. Then add chopped nuts mixing well. Add flavoring. Fold in stiffly beaten egg whites.

Batsoy

2 segments garlic, minced
1 small onion, sliced
1 small piece ginger, cut into fine strips
¼ cup each of diced liver, kidney, heart and beef loin
2 cups meat stock or water
3 bundles misua
2 tablespoons patis
⅛ teaspoon pepper
2 tablespoons lard

Saute garlic, onion and pork. Add heart, kidney and meat stock. Bring to a boil. Season with vinegar and salt. When almost done, add misua, liver and sweet red pepper. Serve hot. 8–10 servings.

Beef Steak

½ kilo tenderloin, cut into ¼ inch slices
1 tablespoon salt
Dash of pepper
5 tablespoons lard or olive oil
1 medium onion, cut crosswise
1 tablespoon soy sauce
2 medium potatoes, cut into strips

Rub steak with salt and pepper. Heat griddle, add lard. When fat is hot, drop steak. Cook two to three minutes, then turn on other side. Place steak on a platter, brown onions in lard in which steak was cooked. Add toyo and pour this sauce over steak before serving. Garnish platter with fried potatoes and onion rings. Serve with lettuce salad. 5–6 servings.

Binagis

2 cups pork, boiled and cut into small slices
¾ cup liver boiled and sliced
1½ cups heart, boiled and sliced
¾ cup kidney, boiled and sliced
2 tablespoons lard
2 teaspoons garlic, minced
¼ cup onion, sliced
¼ cup vinegar
1 teaspoon salt
1 large red, sweet pepper, cut into strips

Saute garlic, onion and pork. Add heart and kidney. Season with vinegar and salt. When almost done, add liver and sweet red pepper. Serve hot. 8–10 servings.

Bopis

½ kilo pork lungs, broiled and chopped fine
¼ kilo liver, broiled and chopped fine
1 whole heart, boiled and chopped fine
1 head garlic, pounded
10 small tomatoes, chopped
3 tablespoons lard
1 whole onion, chopped
½ cup water
⅛ teaspoon pepper
1 teaspoon salt

Saute garlic, onion and tomatoes, add lungs, liver and heart. Add ½ cup water, cover and cook for 5 minutes. Season with salt and pepper. Coconut milk may be added if desired. 10–12 servings.

Brain Omelet

1 cup pre-cooked brain, diced
1 tablespoon lard
2 segments garlic, minced
1 teaspoon sliced onion
1 medium tomato, chopped
3 eggs, lightly beaten
2 sprigs parsley
1 teaspoon salt

Saute garlic, onion, tomatoes, and brain. Season with salt. Remove mixture from the fire to cool. Add beaten eggs. Cook one third of the brain mixture. When evenly browned, carefully turn omelet and cook other side. Garnish with parsley. 3–4 servings.

Braised Beef Rib

1 kilo beef rib (costillas), boned and beaten
3 large clices of salted pork or bacon
½ cup kalamansi juice
2 bay leaves (laurel)
3 carrots, peeled and cut thin
3 tablespooons stock
½ teaspoon salt
2 medium onions, sliced
⅛ teaspoon pepper
½ cup boiling water

Roll and tie meat into a meat roll. Combine meat and salted pork or bacon. Fry beef in pork fat, turning constantly till it is light-colored all over. Add lemon juice, bay leaves (laurel) and onions. Cover pan and let mixture simmer for 3 hours. Add carrots and stock to keep meat from sticking. Stew gently for 3 hours more. Slice meat rolls thinly. Arrange slices in a dish and garnish with vegetables. Add water to pan, and bring to a boil scraping bottom well. Strain sauce over meat after seasoning with salt and pepper. 8–10 servings.

Caldereta

1 small leg or shoulder of lamb or goat
1 cup vinegar
2 tablespoons garlic, crushed
1 tablespoon pepper, crushed
½ cup oil
3 big onions, cut into quarters
½ cup sherry or white wine
3 bay leaves (laurel)
3 segments garlic
1 cup broth or hot water
2 tablespoons parsley
6 peppercorns (pimienta)
¼ kilo calf's liver
1 small can pimientos cut into 1 inch slices or 2 large fresh red pepper, sliced
1 small can peas
Salt to taste

Marinate one small leg or shoulder of goat in vinegar, crushed garlic, pepper and salt for 4 hours. Drain and brown in a little hot oil. Put in a casserole and add onion and wine. Bring to a boil, then add the oil and bay leaves. Simmer until tender. If necessary add a little broth or hot water.

Meanwhile crush in a mortar, parsley, peppercorns and garlic. Add to the mixture.

Broil the calf's liver and pound it to a paste. Add a little water and strain into the goat mixture, stirring constantly until it boils.

Callos

1 kilo goto, boiled until tender
1 pata (cow's feet), boiled until tender
2 tablespoons lard
½ medium-head garlic, minced
1 big onion, sliced
1 can whole tomatoes or 15 fresh ones, quartered
2 chorizos de Bilbao (sausage) sliced
1 can tomato sauce
2 teaspoons salt
3 red peppers cut into 1" × ½" length
¼ kilo garbanzos, cooked

Slice goto into small pieces about 1 inch in length. Saute garlic, onion and tomatoes. Cook for a few minutes then add chorizo, goto and boned pata. Cover and boil for 10 minutes, then add enough meat broth in which the pata and goto was cooked. Boil again until goto is well cooked. Add tomato sauce, red pepper and garbanzos and continue cooking until done. Season with salt and pepper. 10 servings.

Camaron Rellenado

12 large shrimps
1 teaspoon salt
⅛ teaspoon pepper
¼ kilo finely chopped apulid
½ cup Chinese mushrooms, cut fine
2 slices ham, diced
2 eggs beaten
1 teaspoon sugar
1 piece leaf lard (empilla)
2 tablespoons cornstarch
2 tablespoons flour
2 tablespoons water
2 egg whites
1 tablespoon toyo
Pork fat, cut fine
1 tablespoon toyo

Shell the shrimps but leave head and tail intact. Cut along the back and remove intestines, sprinkle with salt and pepper. Mix together chopped apulid, mushrooms, ham, one egg, sugar and toyo. Fill up shrimps. Wrap in leaf lard. Mix cornstarch, flour, eggs and water. Add toyo to taste. Roll wrapped shrimps in batter, fry in deep hot fat until golden brown. Serve with sliced radish in sweet-sour sauce. 12 servings.

Caramel Custard

4 cups milk, evaporated and scalded
12 egg yolks
5 tablespoons sugar
Grated rind of ½ lime
Juice of 1 lime
1 cup sugar for caramelized syrup

Beat egg yolks and sugar together; pour cream very slowly over egg mixture, stirring constantly. Add lime rind and juice. Caramelize sugar. Coat sides and bottom of baking pan with caramelized syrup. Pour in cream mixture. Place baking dish in pan of hot water. Bake in moderate oven (350°F.) about 1 hour. 8 servings.

Cari Imperial

1 chicken dumalaga, cut into 1 inch length
3 tablespoons soy sauce
3 tablespoons cornstarch
½ cup lard
1 bunch green onion leaves, cut fine
2 tablespoons curry powder
½ cup water chestnut, cut in halves
1 tablespoon cornstarch
Chicken broth
2 slices ham, diced

Roll chicken in a mixture of soy sauce and cornstarch. Fry with enough lard. Saute in a little lard green onions and curry powder, stir well and add fried chicken. Mix and add water chestnuts, enough chicken broth and thicken with cornstarch diluted in a small amount of water. Decorate with ham and green onions. Serve hot. 8–10 servings.

Carne Michado

1 kilo beef, all lean
½ kilo pork fat (lardoons)
5 medium tomatoes, cut into halves
½ cup toyo
10 kalamansi
1 bay leaf
2 cups water
¼ cup bread crumbs

Cut beef into large chunks. Insert pork fat (lardoons) through beef. Combine meat, toyo, kalamansi juice, tomatoes, onion and bay leaf. Cover with water. Bring to a boil. Simmer 2 hours or until beef is tender. Add bread crumbs to

thicken sauce. Season with salt and pepper to taste. Slice, arrange on platter, garnish with fried potato or camote. Pour gravy around the meat. 8 servings.

Carne Milanesa

¼ kilo beef
1 teaspoon salt
⅛ teaspoon pepper
1 chicken egg, whipped
½ cup powdered biscocho and biscuits
Few lettuce leaves
2 tomatoes, sliced thinly

Remove ligaments from meat and season with salt and pepper. Soak in whipped egg and roll on powdered bread. Fry until brown. When serving, garnish with lettuce leaves around. Put sliced tomatoes on top. 3–4 servings.

Cheese and Ham Omelet

6 eggs
4 tablespoons water
Dash of salt and pepper
2 tablespoons lard
½ cup ham, finely chopped
½ cup grated cheese

Mix grated cheese and ham. Add water and seasoning to slightly beaten eggs. Put 2 tablespoons lard in hot frying pan. Pour beaten eggs. When firm, turn mixture and reduce heat. As omelet cooks lift with spatula, letting uncooked part run underneath. Omelet should be creamy inside. Fold and turn to platter.

Cheese-Pimiento Sandwich

3 tablespoons pimiento, chopped fine
12 slices loaf bread, sliced thin
¼ cup grated cheese
2 tablespoons milk
¼ cup softened butter
6 lettuce leaves

Combine grated cheese, milk and pimiento. Spread 6 slices of bread with butter and 6 slices with cheese mixture. Arrange lettuce leaves between slices. Cut each sandwich in half diagonally. 6 square sandwiches. 6 servings.

Chicken Adobo

1 chicken, cut into serving portions
1 cup vinegar
5 segments garlic, crushed
1 teaspoon salt
2 tablespoons toyo
10 pieces peppercorn (pimienta)
1 bay leaf (laurel)
5 tablespoon lard

Stew chicken in a mixture of vinegar, crushed garlic, salt, peppercorn and bay leaf (laurel). When chicken is tender, remove liquid and brown the chicken in lard. Return liquid and cook over moderate heat until sauce is thick. 8–10 servings.

Chicken Asparagus Soup

1 breast of chicken, chopped fine
1 cup cabbage, cut in small pieces
½ cup Chinese mushrooms (kabute)
½ cup water chestnut (apulid) cut into fine pieces
½ cup bamboo shoots, cut fine
1 egg white
1 tablespoon cornstarch dissolved in 4 tablespoons water
1 small can asparagus, cut into 3 pieces each
1 bunch young onion leaves, minced
6 cups broth

Boil chicken legs and wings for broth. Strain the broth then add chopped chicken breast, liquid from canned asparagus, cabbage, mushrooms, water chestnut and bamboo shoots. Add raw egg white and cornstarch solution. Cook 5 minutes. Add asparagus before removing from fire. Sprinkle minced onion leaves on top of the soup. Serve hot. 10–12 servings.

Chicken a la King

1 chicken, young and tender, cut into serving pieces
4 cups water
1 teaspoon salt
2 tablespoons lard or butter
2 cloves garlic (crushed)
4 tablespoons flour
1 onion, cut into pieces
1 ripe and 1 green sweet pepper, finely cut
1 can cream of mushroom soup

Boil chicken in water with little salt until tender. Saute garlic until brown. Put flour into boiling lard and stir mixture to golden brown paste. Add onion and finely cut sweet pepper and cook for 5 minutes. Add boiled chicken together with broth and cook until thick. Add cream of mushroom soup. Season with salt and cook for 10 minutes. 8–10 servings.

Chicken Croquettes

1 tablespoon chopped onion
1 cup chopped chicken meat
½ cup chopped cooked ham
½ cup cooked mushrooms, chopped
¼ cup flour
½ cup chicken stock
2 eggs
¼ cup bread crumbs
Peas, carrot cubes, parsley for garnishing

Saute onion, chicken and ham. Add mushrooms and flour. Pour chicken stock gradually stirring constantly. Let mixture cool. Shape, roll in flour, eggs and crumbs. Fry on all sides until brown. Garnish with peas, carrot cubes and parsley. 8–10 servings.

Chicken Pie

½ cup cold chicken broth
⅓ cup all-purpose flour
1½ cups hot concentrated chicken broth
2½ cups stewed chicken, boned and cut in large dice
¾ cup fresh cooked, frozen or canned peas, drained
¾ cup diced carrots
¾ cup diced celery
1 teaspoon salt
1 cup all-purpose flour
1½ teaspoons baking powder
¼ teaspoon salt
3 tablespoons butter
⅓ cup milk

Make a paste by blending cold chicken stock and ⅓ cup flour until smooth. Add paste to the hot chicken stock and cook over direct heat, stirring constantly until sauce boils and thickens. Combine with chicken, peas, carrots, celery and 1 teaspoon salt. Pour into a 6-cup buttered casserole. Sift 1 cup flour, measure, and resift 3 times with baking powder and ¼ teaspoon salt. Cut in butter with a pastry blender or 2 knives, and add milk all at once, stirring quickly with a fork until dough stiffens. Turn dough out onto floured board, knead 8 times, and roll or pat out to make a circular sheet about ¼ inch thick and 8½ inches in diameter, or to fit top of casserole. Make several cuts for a design near the center to allow steam to escape. Trim edge of dough, pressing it firmly against edge of casserole. Bake in moderately hot oven (425°F.) for about 20 minutes, or until nicely browned and the filling is boiling hot all the way through. 5 servings.

Chicken-Pork Fritada

1 spring chicken (cut into pieces)
¼ kilo pork, cut into 2" cubes
1 teaspoon minced garlic
½ cup peeled ripe tomatoes
3 potatoes, cut into quarters
1 laurel leaf
2 tablespoons shortening
3½ cups water
½ onion, cut in round slices
Salt and pepper to taste
½ tablespoon powdered biscuit

Mix all ingredients. Cook well-covered over a slow fire until meat is tender. Thicken sauce with powdered biscuits. 8–10 servings.

Chicken Relleno

1 big chicken (2½ kilos)
¼ kilo pork, ground
1 onion, chopped
2 ripe tomatoes
¼ kilo raisins
1 tablespoon lard
1 small bottle olives
1 small can peas
2 tablespoons chopped pickles
1 tablespoon catsup
2 hard-cooked eggs
Salt and pepper to taste

Dress and bone chicken. Grind pork. Mince onion and tomatoes. Seed raisins and olives. Heat lard, add onion, tomatoes, ground pork, raisins, peas, pickles and catsup. Cook 30 minutes stirring occasionally. Season to taste. If necessary, moisten mixture with a little stock made from liver, gizzard and bones. Stuff boned chicken with mixture. Arrange slices of boiled eggs, then sew up opening. Wrap the fowl in cheese cloth, bring to a boil in a little water or steam in roasting pan until tender, taking care to truss up legs to sitting position. Remove from pan and roast in moderate oven until chicken is brown. Baste with gravy made by adding soy sauce to drippings on roasting pan. Set on platter and garnish with fried bacon, parsley and orange cups filled with sweet peas. 8–10 servings.

Chicken Sinigang

4 tablespoons lard
2 cloves garlic
1 onion
3 tomatoes
1 medium chicken (cut into pieces)
1 tablespoon salt
⅛ teaspoon pepper
2–3 tablespoons patis
4 pieces tamarind
2–3 radishes cut crosswise
1 cup sampaloc leaves and flowers

Saute garlic, onion and tomatoes. When tomatoes are cooked, add chicken, salt, pepper and patis. Add water and tamarind. When tamarind is soft, remove and mash well with a little broth to extract juice. Return tamarind juice to mixture and boil until chicken is tender. Add tamarind leaves and flowers. Cook 2 minutes longer. 8–10 servings.

Chicken With Young Corn

2 tablespoons lard
2 sections garlic, crushed
1 small onion, sliced
3 medium tomatoes, sliced
1 medium chicken, cut into serving pieces
6 cups water
2 cups young corn, cut from the cob
2 tablespoons salt
⅛ teaspoon pepper

Saute garlic, onion, ginger and tomatoes. Add chicken, cook until light brown. Add water and boil 30 minutes. Add young corn, cover and continue cooking until chicken and corn are tender. Season with salt and pepper. Serve hot. 8–10 servings.

Chinese Fried Lapu-Lapu with Pickle Sauce

1 medium lapu-lapu, fried
15 green onion leaves made into curls or shredded
1 small piece ginger, sliced
2 teaspoons salt
⅛ teaspoon pepper
2 tablespoons sugar
2 tablespoons fat
1 tablespoon flour
1 teaspoon dry mustard
½ cup water
½ cup vinegar
1 medium onion, chopped
½ cup sweet pickles, cut into strips
2 fresh tomatoes, cut into strips
Red and green pepper

Fry fish in deep fat until brown. Place on a platter and pour the following pickle sauce:

In a skillet, melt fat, add flour, salt, pepper and mustard. Add water a little at a time stirring constantly. Add vinegar and let boil. Do not stir until vinegar has boiled. Add onion, pickles, tomato and shredded green onions. Season with salt, pepper and sugar. Pour hot sauce over the fish, garnish with strips of red and green pepper on top. Arrange onion curls on sides.

To make onion curls: Cut green onion leaves 4–5 inches from root end. Clean off all roots and remove outer skin. Make parallel cuts on green ends about 2 inches. Place cut ends in water.

Chuletas de Dalag

1 dalag (mudfish)
3 kalamansi
1 teaspoon salt
⅛ teaspoon pepper
¼ cup flour
2 eggs, beaten

Scrub dalag, then remove skin. Cut into six individual fillets free from bones. Add kalamansi juice, salt and pepper. Before frying, dry well and roll in flour before dipping in beaten eggs. Fry over slow fire until brown. Serve with fresh tomatoes or tomato sauce. 6 servings.

Clam Chowder

4 cups clams, shelled
1 onion, sliced
4 tablespoons butter
4 potatoes, diced
2 cups water
4 cups milk
⅛ teaspoon pepper
2 teaspoons salt
8 crackers

Fry onion in butter 10 minutes. Add potatoes and water enough to cover. Cook until potatoes are tender then pour milk and season with pepper and salt. When milk is boiling, add shelled clams. Sprinkle cracker crumbs before serving. 4–5 servings.

Crab Meat Salad

2 cups crab meat, cooked
1 teaspoon salt
2 tablespoons olive oil
2 tablespoons lemon juice
Few lettuce leaves
⅓ cup mayonnaise
Strips of pimiento

Sprinkle crab meat with salt. Add olive oil and lemon juice. Turn carefully so that both juice and olive oil are evenly distributed. Chill until ready to serve. Line a salad dish with lettuce leaves and place crab meat over the lettuce bed. Cover with mayonnaise dressing and garnish with strips of pimiento. 5–6 servings.

Dinuguan

2 tablespoons cooking fat
1 onion, sliced
4 segments garlic, minced
1 cup vinegar, mixed with 2 cups pig's blood
6 green peppers
½ cup broth
small intestines of the pig, scrubbed and cleaned, inside out
2 cups pork, boiled
2 cups liver, cut into cubes

Clean intestines of pig by turning it inside out. Put in boiling water and cook one hour until tender. Cut it into small pieces crosswise. Saute onion, and garlic. Add sliced intestines, pork, and liver. Cook 10 minutes. Add vinegar and blood. Bring to a boil without stirring. As soon as the mixture boils, stir to keep from burning. Add fresh pepper, cook thirty minutes. Season with salt to taste. Serve hot. 6 servings.

Duck's Egg Sarciado

6 duck's eggs (hard-cooked)
1 tablespoon lard
1 small onion, sliced
1 can tomato sauce
2 teaspoons salt
½ teaspoon curry powder

Cut hard-cooked egg into four pieces lengthwise. Saute onion; add tomato sauce. Boil 2 minutes. Season with salt and curry powder. Pour sauce over egg slices arranged on a dish. 6 servings.

Eggs a la Caracas

4 tablespoons dried beef, chopped fine
1 cup tomatoes
¼ cup grated cheese
Few drops onion juice
⅛ teaspoon cinnamon
⅛ teaspoon cayenne
2 tablespoons butter
3 eggs, well-beaten

Mix together beef, tomatoes, cheese, onion juice, cinnamon and cayenne. Melt butter, add cheese mixture, then eggs. Cook like plain Scrambled Eggs. 4 servings.

Eggs Fu Yung

1 cup lean pork, shredded
4 stalks celery, cut in one inch shreds
2 scallions or 1 medium onion, shredded
½ cup bean sprouts, washed clean
2 tablespoons soy sauce
2 tablespoons sugar
8 eggs, beaten with 1 teaspoon salt
1 tablespoon cornstarch dissolved in ¼ cup cold water
4 tablespoons lard or oil

Cook pork for 1 minute over medium heat. Add onion, soy sauce and sprouts. Cook 1 minute more, then add celery and sugar. Beat eggs until frothy. Place lard in the same skillet and fry beaten eggs into small thin omelet 5 inches in diameter. Do not stir but cook over medium heat, lifting edges and moving skillet over fire to prevent burning. Remove from fire, place 4 tablespoons of vegetable mixture inside. Roll omelet. Arrange on plate carefully.

Mix cornstarch with cold water, add liquid from vegetables. Cook this until translucent—about 1½ minutes. Pour over eggs and serve. 8 servings.

Eggs with Misua

1 tablespoon lard
2 cloves garlic
½ large onion, thinly sliced
4 cups soup stock
4 eggs
½ cup misua 2" length
Patis to taste
2 tablespoons green onions, minced

Fry garlic in lard until brown. Crush onion with back of spoon and add soup stock. Let boil 2 minutes. Add misua and bring to a boil. Break eggs into soup one at a time. Let stand for 2 minutes, then remove from fire. Season with patis. Sprinkle with green onions on top of soup before serving. 5 servings.

Embutido

1 kilo pork, ground
1 tablespoon salt
⅛ teaspoon pepper
4 tablespoons flour
2 hard-cooked eggs
4 pieces pickles, chopped fine
1 chorizo de Bilbao, chopped
1 big piece leaf-lard (paño-paño)

Mix pork, salt, pepper, flour, eggs and pickles. Take a piece of cloth or leaf-lard and spread mixture to 1 inch thick.

Arrange slices of pickles, eggs, and chorizo de Bilbao in the center. Roll to 3 to 4 inches in diameter. Wrap with cloth. Tie cloth at both ends. Boil in broth for 1 hour. Remove from wrapping. Set on a baking pan and bake in moderate oven 15 minutes. Place in a refrigerator. Slice and arrange on platter. 8–10 servings.

Fish a la Vinaigretta

1 medium fish
½ cup cornstarch
½ cup water
⅔ teaspoon salt

Clean skin, and bone fish. To bone it, begin at the tail run a sharp knife under the flesh close to backbone, and with the knife follow bone in its entire length, thus removing half the flesh; turn and remove the flesh from the other side. Pick out with the fingers any small bones that may remain. Cut into desired size. Tanguingue, talakitok, labajita, lapu-lapu make excellent fillet.

Dip each fillet in batter made of ½ cup cornstarch, salt and ½ cup water. Fry in deep fat until golden brown. Serve with vinaigrette sauce:

2 chopped boiled eggs
¼ cup vinegar
1 tablespoon sugar
1 tablespoon chopped parsley
¼ teaspoon salt
Few grains pepper
6 tablespoons oil
1 tablespoon chopped green pepper
1 tablespoon chopped cucumber pickle

Combine all ingredients and serve with fish fillet.

Fish Balls with Petsay

2 cups flaked milkfish (bangus)
3 tablespoons chopped onion
4 tablespoons cornstarch
1 egg beaten slightly
⅛ teaspoon pepper
1 teaspoon toyo
2 cups petsay, cut into 1″ slices
Green onions for garnish
2 tablespoons patis

Prepare fish stock by boiling head, big bone and skin in a saucepan with 3 cups of water. Strain. Combine chopped onion, flaked fish, egg, toyo, cornstarch and pepper. Form into balls. Drop fish one by one into boiling fish stock. Add green onions and petsay. Cook 5 minutes longer. Season to taste. Serve hot. 6 servings.

Fish in Toyo

1 medium bangus, cleaned and cut into serving pieces
½ cup toyo
½ cup water
1 teaspoon salt
1 big onion, sliced
1 small slice of ginger

Combine together fish, toyo, water, salt, onion and ginger. Cook 5 minutes. 4 servings.

Fried Ayuñgin

12 ayungin, cleaned
½ cup lard
1 tablespoon salt

Salt ayungin and set aside for ten minutes. Heat lard and fry fish until brown. 6 servings.

Fried Chicken

1 medium chicken, cut into serving portions
½ cup flour for dredging
1½ cups fat
¼ cup water
½ tablespoon flour
½ teaspoon salt
⅛ teaspoon pepper
½ teaspoon paprika
1 cup boiling water
2 tablespoons cream

Roll pieces of chicken in flour seasoned with salt and pepper. Steam ½ hour. Roll in flour again. Fry in hot fat. Brown on both sides, then reduce heat slightly. Add water, cover and cook for 15 minutes on each side or until chicken is tender. Pour off from pan all but 2 tablespoons lard. Add flour, blend, and stir until richly browned. Add salt, pepper, paprika, and boiling water. Cook until smooth and thick, stirring constantly. Add cream and blend. 4 servings.

Fried Liver and Onions

3 large onions, sliced
½ cup lard
1 tablespoon salt
¼ kilo liver
⅛ teaspoon pepper
⅓ cup flour
2 tablespoons soy sauce

Fry onions in hot lard until golden brown. Sprinkle liver with salt and pepper, then dip in flour. Fry in hot lard over medium heat 5–7 minutes, turning several times during cooking. Add soy sauce to fat in pan. Pour over liver. Garnish with fried onions. 4 servings.

Gallina con Sotanghon

2 cups minced cooked chicken
2 segments garlic
1 onion
6 cups chicken broth
2 cups dried sotanghon
½ cup dried mushroom (tengang-daga)
2 tablespoons patis
⅛ teaspoon pepper
1 small bunch green onion

Saute garlic and onion until brown. Add chicken and patis. Cover and simmer for a few minutes. Add chicken broth. Bring to a boil. Add sotanghon and mushrooms. Cook 5

minutes. Season with pepper and additional patis if needed. Add green onions before serving. 8–10 servings.

Ginataang Isda na May Langka

1 medium fish
2 cups sliced green langka
2 cups coconut milk
4 tomatoes, sliced
1 onion, sliced
2 cups water
3 cups kangkong leaves
Salt to taste

Clean fish and slice into serving pieces (2″ × 2″ × ½″). Boil water. Add langka and cook 3 minutes. Add sliced fish, salt, tomatoes and onion. Bring to a boil, add coconut milk, stirring to make mixture creamy. Add kangkong leaves and cook 3 minutes longer. 4 servings.

Ginataang Manok na may Papaya at Malunggay

1 small chicken, cut into pieces
1 medium papaya, sliced
2 cups malunggay leaves
Tanglad
2 segments garlic, minced
1 onion, sliced
2 tomatoes, sliced
1 cup water
1½ cups thick coconut milk
2 tablespoons lard
Salt to taste

Dress the chicken. Cut into serving pieces. Saute garlic, onion and tomatoes in lard. Add chicken and tanglad. Cover and cook 3 minutes. Add 1 cup water, cover and cook 20 minutes or until chicken is tender. Add sliced papaya, cook 5 minutes, then add coconut milk stirring to keep the mixture creamy. Add the malunggay leaves. Season with salt and pepper to taste. 6 servings.

Hasa-Hasa with Tomato Sauce

1 segment garlic, crushed
½ onion, sliced
3 large tomatoes, chopped
2 tablespoons lard
⅛ teaspoon pepper
½ teaspoon salt
3 large hasa-hasa, fried

Saute garlic, onion and tomatoes. Cook five minutes, season with salt and pepper to taste. Pour over fish. 3 servings.

Hipon Rebosado

20 medium shrimps, blanched and shelled, leaving tails intact
3 eggs well beaten
2 tablespoons cornstarch
1 teaspoon salt
⅛ teaspoon pepper
20 thin slices ham (1″ × 1″)
1 tablespoon green onion, shredded
1 cup lard

Mix together eggs, cornstarch, salt and pepper; dip shrimps in this mixture one at a time. Place ham and green onions on top. Fry until brown. Serve with sweet sour sauce.* 10 servings.

Humba

1 pig's leg (pata) cleaned and cut into pieces
½ kilo pork (rib chop)
Tajure (1 square)
3 cloves garlic
½ teaspoon peppercorn
1 stem oregano
1 bay leaf
½ cup vinegar (white)
½ cup brown sugar
3 tablespoons soy sauce
1 cup water

Soak pata and pork in the above ingredients for 3 hours. Cook in pressure cooker for 15 minutes or in a boiler with cover. When meat is tender, serve in large platter with gravy in which the pata was cooked. 8–10 servings.

Inalamangan with Santol

½ kilo pork
¼ cup vinegar
2 tablespoons lard
2 pieces garlic
1 onion
1 regular size fresh tomatoes, finely chopped
2 pieces santol, peeled and finely cut
½ cup of fresh alamang

Boil pork with vinegar until tender. Cut into small pieces. Saute garlic, onion and tomatoes. Cook for a few minutes. Add pork and cover. When brown, add santol, alamang and little water. 6 servings.

Kari-Kari

1 calf's leg (pata) well cleaned
3 teaspoons garlic, crushed
1 big onion, sliced
5 tablespoons lard
1 banana bud (puso ng saging), sliced finely crosswise
2 bundles sitaw (at 10 strings each bundle cut into 2 inches long)
5 regular sized eggplants, cut into rounds diagonally
2 tablespoons seeds of achuete in ½ cup water
⅓ cup powdered toasted rice
½ cup toasted peanuts pounded fine or peanut butter

Boil enough water to clean the calf's leg. Cut the calf's leg into desired size. Wash thoroughly, then put in a saucepan, cover with 2 quarts water; boil until tender. Add salt to taste. Let this boil, then add the sliced banana heart. Cook 5 minutes. Add sitaw, and eggplants. Extract coloring from achuete in a cup of water, and add this colored water

* Recipe for Sweet-Sour Sauce—see page 19.

to the mixture. Add powdered rice and peanut stirring thoroughly to avoid sticking. 10 servings.
Serve with bagoong.

Kilawin

¼ kilo lean meat (pork), cut into small pieces
½ kilo liver (pork), cut into small pieces
5 cloves garlic, pounded
1 onion, chopped
3 medium tomatoes, chopped
2 teaspoons salt
½ teaspoon pepper
½ cup vinegar (native)
½ cup water
2 radishes, sliced
1 large red pepper, cut lengthwise

Saute garlic until brown, add onion and tomatoes. Add lean meat and season with salt and pepper. Add vinegar and water. When meat is tender, add liver. Cook for a few minutes. Serve hot with sliced radish and red pepper. 10 servings.

Lengua Estofada

Clean one ox tongue thoroughly. Rub with salt and pepper and place in a deep vessel. Cover with:

3 onions, halved
2 heads garlic
½ cup vinegar
A piece of bay leaf
6 tomatoes
½ cup toyo sauce
1 cup vino blanco
½ cup fat

Cover vessel tightly and cook the whole mixture over low heat, turning occasionally to prevent the tongue from burning. When the tomatoes are cooked, remove, mash and strain back into the vessel. Add stock to cover and continue cooking until tongue becomes very soft.

Liver a la Creole

½ kilo beef liver
3 tablespoons salad oil
1 large onion, sliced in rings and fried
1 heaping tablespoon flour
1 cup hot water
1 teaspoon salt
⅛ teaspoon pepper
1 green pepper, cut in rings

Fry liver for about 5 minutes on each side. Remove from pan to plate. Make sauce with remaining oil and flour. Cook until brown. Season with salt and pepper. Pour sauce over liver and stir until liver is coated. Add hot water very slowly. Add green pepper and onion, cook 5 minutes more. Arrange on a platter. Garnish with onion and pepper rings and parsley. 5 servings.

Liver Steak

8 pieces calf's liver, sliced thinly
1 teaspoon salt
¼ cup oil
¼ cup bread crumbs
3 tablespoons lard
2 segments garlic, crushed
1 potato, cut into strips and fried
1 large tomato, blanched and chopped fine
¼ cup ham, finely chopped

Season liver with salt and soak in oil for a while. Sprinkle with fine bread crumbs. Saute garlic until brown, then fry liver. When liver is brown, arrange them neatly on a platter surrounded with fried shoestring potatoes. Cook ham in same lard used for frying liver. When cooked, add tomato and pour this gravy over the fried liver. 8 servings.

Lumpia Frito

3 segments garlic, minced
1 onion, minced
2 tomatoes, finely chopped
½ cup pork, chopped
½ cup beef, chopped
½ cup ham, chopped
1 cup broth or rice washing
1 piece bay leaf
1 tablespoon paminton
1 teaspoon salt
½ cup boiled garbanzos
½ cup boiled potatoes, diced
1 box raisins, small size
2 hard-cooked eggs, sliced
8 lumpia wrappers
½ cup fat

Saute garlic, onion, tomatoes, pork and beef. Add broth or rice washing, bay leaf and paminton. Cover and simmer to soften meat. Season to taste. Add garbanzos and raisins. Set aside to cool. Wrap four tablespoons of the mixture with 2 egg slices. Fold 2 ends and roll tightly. Fry in hot fat until golden brown. Serve with vinegar-garlic sauce. 8 servings.

Macaroni Salad

3 cups macaroni, boiled and cut into pieces
2 apples, cut into cubes
1 cup boiled ham or chicken, diced
1 cup canned pineapple, cut into pieces
2 pimientos, chopped
3 tablespoons, chopped sweet pickles
½ cup grated cheese
1 cup mayonnaise
2 hard-cooked eggs, sliced
Lettuce leaves

Combine all ingredients leaving the eggs and strips of pimiento for garnish. Set on a bed of lettuce and chill. 5–6 servings.

Meat Balls

1 cup ground pork
2 cups ground beef
4 boiled potatoes, mashed
1 medium onion, chopped
1½ cups flour
1 egg or 2 egg whites
2½ teaspoons salt
¼ teaspoon pepper
Milk (about ¼ cup)
1 cup lard

Mix pork and beef. Add potatoes and onion. Stir mixture well. Add flour, egg, salt and pepper. Mix until smooth. Add enough milk so that mixture can be formed into small balls made with a serving spoon. Fry in deep hot fat until well browned. Yield: 27 meat balls size of an egg. 9 servings.

Meat Loaf

2 cups ground pork
½ cup ham
2 cups ground beef
1 cup bread crumbs
2 eggs, beaten
¼ cup raisins
1 cup tomato sauce
⅛ teaspoon pepper
1 teaspoon salt
4 tablespoons butter or margarine
2 pimientos or red pepper
1 hard-cooked egg
Parsley or escarole

Mix pork, ham, beef, bread crumbs, eggs, raisins and tomato sauce in a bowl. Season with salt and pepper. Pack mixed ingredients in greased loaf pan and bake in 350°F. oven. When baked, turn loaf on a platter and garnish with pimientos, boiled eggs and parsley or escarole. 10 servings.

Menudo

1 cup pork (cut into cubes)
¼ cup cooked potatoes (cut into cubes)
1 tablespoon lard
1 tablespoon garlic, minced
⅓ cup onions, chopped
½ cup tomatoes, chopped
⅓ cup liver (cubes)
⅛ teaspoon pepper
1½ tablespoons salt
⅛ teaspoon paprika

Cook pork in 1 cup water until tender. Remove pork from stock and saute garlic, onion and tomatoes. Add pork and liver and continue cooking for 2 minutes. Add potatoes with stock. Cook for 2 minutes longer. Season with pepper and salt; add paprika or atsuwete if a rich color is desired. 3–4 servings.

Menudo de Garbanzos

3 cloves garlic, pounded
1 onion, chopped
4 large tomatoes, chopped
2 sausages (sliced)
2 tablespoons lard
2 teaspoons paminton powder
2 green peppers from which seeds have been removed
1 bay leaf
2 cups stock
½ kilo oxtail or pata (boiled soft)
1 piece ham (cut into cubes)
2 cups garbanzos, cooked
1 tablespoon salt
⅛ teaspoon pepper

Saute garlic, onion, tomatoes in lard. Add sausage, paminton, green pepper, bay leaf and oxtail stock. Add oxtail or pata, ham, and garbanzos. Simmer until sauce is medium thick. Season with salt and pepper. 6–8 servings.

Mexican Beans

1 kilo red beans
¾ pound or 1½ cups butter
4 large onions, chopped
3 large green peppers, sliced
2 large cans mushrooms or ½ kilo fresh mushrooms, cooked
½ kilo bacon, cut into small pieces
2 large cans tomatoes or ½ kilo fresh tomatoes
1 can pimientos, cut into small pieces
1 tablespoon salt
⅛ teaspoon pepper
⅛ teaspoon paprika

Wash and soak beans overnight. Boil until soft in water in which beans were soaked. Fry onions and peppers in butter, add mushrooms and bacon. Add beans, tomatoes and pimientos. Season to taste. Simmer in a covered kettle until done. 20 servings.

Morcon (Meat Roll)

½ kilo beef (12″ × 16″), thinly sliced and pounded
2 segments garlic, crushed
10 peppercorns, pounded
½ cup vinegar
2 eggs, hard-cooked and cut into halves
2 pieces ham (½″ × 6″) cut into long narrow strips
2 pieces sausage (Bilbao or Vienna) cut into long narrow strips
12 olives, chopped
4 slices pork fat, cut into long narrow strips
1 cup lard
4 cups water
1 piece bay leaf
1 whole onion, sliced
2 tomatoes, sliced
1 tablespoon salt
1 cup tomato sauce
Kintsay for garnishing

Mix together garlic, peppercorn, and vinegar. Soak slices of beef in vinegar mixture for a while. Spread beef on a board. Arrange in alternate rows ham, pork fat and sausage.

Place eggs and add olives. Roll and tie with string. Fry in deep hot fat until brown. Add water, bay leaf, onion, tomatoes, salt, peppercorn, and stew until tender. Add tomato sauce or catsup to stewing liquid. Remove the roll. Cut into slices and arrange on a platter. Pour sauce on top and garnish with kintsay. 8–10 servings.

Oyster Soup

2 cups fresh oysters, shelled
2½ cups water
2 tablespoons lard or butter
2 segments garlic, crushed
1 onion chopped
2 cups oyster's broth
½ teaspoon pepper
1 teaspoon salt
2 cups milk

Boil oysters in water for 2 minutes. Saute garlic until golden brown. Add onion and cook for 3 minutes. Add boiled oysters with water in which it was cooked. Season with salt and pepper; boil 2 minutes longer, then add milk. 4–6 servings.

Pastel de Pollo

2 tablespoons lard
1 head garlic
1 chicken, cut into 8 pieces
½ cup ham, cut into small cubes
1 whole onion, sliced
1 can mushrooms
½ tablespoon flour
2 tablespoons toyo
1 cup water
4 potatoes, cut in quarters and fried
1 bay leaf
2 teaspoons salt
⅛ teaspoon pepper
1 can oxford sausage, cut into cubes

Saute garlic until brown. Add chicken, ham, onion, mushrooms, flour and toyo. Add water and cook until chicken is tender. Add fried potatoes, bay leaf, salt, pepper and oxford sausage. Fill a baking dish with the mixture, cover with pastry. Bake in a moderate oven after brushing top with egg yolks. 8–10 servings.

Pastillas de Leche

1 gallon fresh carabao milk
1½ cups sugar.
Rind of 2 lemons

Place milk in receptacle over low charcoal heat. Stir until the milk has evaporated to one fourth its original quantity. Add sugar and rind and cook over low heat, stirring constantly, until the mixture forms a soft ball. Pour the paste on a sugared board, cut into 2″ × ½″ pieces, roll in sugar and wrap in fringed white tissue paper.

Pesang Dalag with Miso-Tomato Sauce

1 dalag (cleaned and scrubbed to whiteness) cut into pieces
2 teaspoons salt
2 cups rice washing
10 pieces peppercorn
1 small onion, quartered
1 piece crushed ginger about 1 inch long
1 small head cabbage, quartered
2 heads petsay
2 stalks green onions

Salt fish. Boil rice washing together with peppercorn, onion and ginger. Add cabbage, petsay and green onions. Boil 5 minutes. Add fish, making sure that all excess salt has been drained off. Serve hot. This is served with miso-tomato sauce. 3 servings.

Miso-Tomato Sauce

1 tablespoon lard
1 teaspoon minced garic
¼ sliced onion
2 medium tomatoes, sliced
12 tablespoons miso (soybean curd)
½ teaspoon salt

Saute garlic, onion and tomatoes; cook for three minutes. Add miso, mashing mixture with back of basting spoon. Cook two minutes longer then serve from sauce dish with Pesang Dalag.

Pesang Manok

1 chicken, cut into 8 portions
4 cups rice washing
1 piece ginger (1" × 1")
12 peppercorns
4 small potatoes, peeled and quartered
3 bunches petsay
1 small head cabbage, quartered
1 teaspoon salt
⅛ teaspoon pepper
2 tablespoons patis

Boil chicken, ginger and peppercorn in rice washing. When chicken is tender, transfer to a platter. Cook potatoes 10 minutes in chicken stock. Add petsay and cabbage and cook 5 minutes longer. Drain and arrange alternately on platter with chicken. Season with salt and pepper. Serve with patis and slices of kalamansi. 8 servings.

Pinaksiw na Bangus with Amargoso

1 bangus
¼ cup vinegar
1 teaspoon salt
1 piece ginger
1 medium amargoso quartered lengthwise

Clean fish but leave scales on. Place vinegar, salt, and ginger in a saucepan. Add fish. Cover and bring to a boil. Add amargoso and cook 5 minutes. 5–6 servings.

Pi-Quat

1 egg
1 tablespoon camote powder or cornstarch
1 teaspoon salt
1 tablespoon toyo
½ kilo pork

Beat egg, fold in camote powder and add salt and toyo. Mix well. Cut pork into 1 inch cubes. Drop each piece into egg mixture and fry in deep hot lard until brown. Serve with the following sauce: 6–8 servings.

Sauce

3 tablespoons toyo
3 tablespoons vinegar
3 tablespoons sugar
½ cup water
2 tablespoons native onions finely cut or minced
1 green pepper cut into fine strips

Mix all ingredients and cook over a low fire, stirring constantly. Pour sauce over fried pork and sprinkle with finely cut native onions and green pepper.

Plain Boiled Talangka

2 cups talangka
¼ cup water
1 teaspoon salt

Boil clean talangka in salted water until shell turns red. Serve with vinegar and garlic. 2 servings.

Poinsettia Salad

1 cup grated cheese ball
1 tablespoon cream
½ teaspoon salt
Lettuce
Red cherries, cut into narrow strips
Mayonnaise

Mix grated cheese with cream and salt and form it into eight balls. Place in salad plates, garnish with crisp lettuce and put maraschino cherries. Arrange 5 or 6 of these over top of the cheese-like petals of poinsettia. Serve with mayonnaise. 4–5 servings.

Polvoron with Powdered Milk

4 cups flour
2 cups powdered milk
1¼ cups melted butter or margarine
1 teaspoon vanilla or lemon extract
1 cup sugar, refined

Toast flour until light brown on a frying pan (carajay) by stirring constantly over moderate fire. Set aside to cool

before mixing the sugar or powdered milk. Add flavoring to the melted butter and mix well with the dry ingredients. Mold in chocolate molds and wrap in wax paper or colored tissue paper. Makes 50 pieces.

Pork Adobo with Liver

½ kilo liver, cut into 2" cube
1 kilo pork, cut into 2" cube
½ cup native vinegar
4 cloves garlic, crushed
A pinch of salt
Dash of pepper
2 tablespoons toyo

Soak liver and pork in vinegar, garlic, salt and pepper for an hour. Cook pork until tender. Brown in lard and toyo. Add liquid in which meat was boiled. Add liver. Cook in a low fire until liquid is reduced to thick brown sauce. Serve with fresh tomato salad. 10 servings.

Putsero

½ kilo beef, cut into serving pieces
2 chorizos (Bilbao)
1 small bunch green onions
2–3 stalks kintsay
½ small cabbage
2 potatoes, quartered
1 cup fresh string beans
3 bananas, saba
½ cup garbanzos, soaked and cooked
5 tablespoons lard
2 segments garlic, crushed
4 ripe tomatoes or ½ small can tomato sauce

Boil together beef, chorizo, green onions and kintsay. When meat is tender, cook each leafy vegetable separately in the broth. Remove vegetables and set aside. Boil bananas, potatoes, squash and eggplants. Sauté garlic, onions and tomatoes, add meat and chorizos. Drop bananas, garbanzos, potatoes and other vegetables. Season with salt to taste. 6 servings. Serve with squash-eggplant sauce made as follows:

Squash-Eggplant Sauce

¼ small squash, boiled and mashed
Salt, sugar, and pepper to taste
3 eggplants, boiled and mashed
2 segments garlic, minced
2 tablespoons vinegar

Mix all the ingredients and serve in separate relish dish. 6 servings.

Red Beans with Chorizo

1 cup red beans
1 chorizo, sliced
4 tablespoons lard or oil
½ cup onion
2 pieces tomatoes
Pinch of salt

Boil beans until cooked. Combine chorizo and beans together with water in which beans were boiled. Cook over low fire for about half an hour. Season with salt and pepper. 3–4 servings.

Rellenong Ampalaya

1 whole ampalaya
1 tablespoon lard
1 tomato, chopped
1 onion, chopped
1 tablespoon flour
¼ kilo shrimps, parboiled, shelled and cut into pieces
1 crab, boiled and flaked
2 eggs (yolks and whites beaten separately)

Boil whole ampalaya for 3 minutes. Cut into 3-inch pieces and scrape out seeds. Saute tomato, onion, shrimps and crab meat. Cook for 3 minutes. Add flour and salt to well-beaten eggs. Fill ampalaya with shrimp mixture. Dip each piece in batter and fry in little fat. 2–3 servings.

Salmon Patties

1 can salmon
1½ cups mashed potatoes
¼ cup onion, minced
¾ teaspoon salt
⅛ teaspoon pepper
¼ cup lard

Blend salmon, potatoes, onion, salt and pepper. Form into 3-inch patties about ½ inch thick. Dip in flour and fry about 5 minutes on each side or until brown. 5–6 servings.

Sarciado Pork's Tongue

1 big tongue, cleaned
2 cloves garlic, minced
1 medium onion, chopped
5 big tomatoes, chopped
1 teaspoon salt
⅛ teaspoon pepper

Boil tongue for 15 minutes in a small amount of water and little salt. Scrape outer skin. Remove from water and slice into sizes desired, preferably rounds.

Saute garlic, onion and tomatoes. Add tongue and simmer until done. Season with salt and pepper. Tomato sauce may be used instead of fresh tomatoes. 6–8 servings.

Shrimp Curry

10 medium shrimps, shelled and sliced
3 tablespoons lard
2 cloves garlic, minced
1 onion, sliced finely
1 teaspoon curry powder
½ cup shrimp juice
1 teaspoon salt
2 eggplants, medium, sliced crosswise
2 cups coconut milk (1 coconut)
2 red hot peppers (small)

Saute garlic, onion and curry powder. Add shrimps, salt and ½ cup shrimp juice. Add coconut milk in which red hot pepper has been crushed. Stir until it boils. Add eggplant and cook 5 minutes longer. Serve hot. 5 servings.

Sinigang na Isda I

1 talakitok or bakoko, cut into 8 thick slices
½ teaspoon minced garlic
1 medium onion, sliced
3 large tomatoes, sliced
1 tablespoon lard
2 tablespoons miso (soybean curd)
2 cups mustard leaves, sliced
3 cups rice water

Rub fish with salt and pepper. Saute garlic, onions and tomatoes, add miso and mustard leaves. Boil rice water, add sauted vegetables and fish. Bring to a boil, cook 5 minutes. Serve in soup tureen. 6–8 servings.

Sinigang na Isda II

2 cups rice washing
8 green tamarind pods
1 onion, sliced
2 medium tomatoes, chopped
1 cup bataw pods cut into 2" lengths
1 cup sitaw tops, cut into 2" lengths
1 medium bangus, cleaned and cut into serving pieces
1 teaspoon salt

Boil ½ cup of rice washing in a covered pot with tamarind. When tamarind is soft, mash softened fruit. Strain. Return to fire, add rest of rice washing, cover and bring to a boil. When water is boiling, add onion, tomatoes, bataw and sitaw tops. Cover again. Cook 3 minutes, add fish. Season with salt. Serve with bagoong and fresh tomatoes. 4–5 servings.

Sinigang na Isda III

6 pods green tamarind
4 cups water
2 medium tomatoes, quartered
Green onions, quartered
2 teaspoons salt
1 apahap, cleaned and cut into serving pieces
1 banana bud (saba) cut into quarters

Boil tamarind in water. When soft, mash tamarind. Strain and return to boiling water. Add tomatoes and onions. When mixture boils, add banana bud. Cook 5 minutes, add slices of apahap. If desired, leafy green vegetables such as mustard greens, sweet potato tops may be used instead of banana bud. 3–4 servings.

Sinigang na Karne

½ kilo cheap cuts of beef with bones
¼ kilo pork, sliced
2 tomatoes, sliced
½ teaspoon salt
5 green tamarind
2 medium gabi, cut into big cubes
2 medium radish sliced and cut into 2" long
1 cup kangkong 2" long
2 tablespoons patis

Cook beef in 6 cups rice washing until tender. Add sliced tomatoes and salt. Cook tamarind in another pan, mash and strain. Add to the first mixture. Add gabi and bring to a boil. Cook 10 minutes. Add radish and kangkong. Cook 3 minutes longer. Serve hot with patis. 5 servings.

Sinilihan

2 tablespoons lard
3 segments garlic, crushed
1 onion, chopped
½ kilo pork's lungs, boiled and chopped
½ cup vinegar
1 teaspoon salt
⅛ teaspoon pepper

Saute garlic until brown; add onion, lungs, vinegar, salt and pepper. Cook 5 minutes. 5–6 servings.

Sio-May (Lumpiang Makaw)

Paste:

1 heaping cup of flour
1 raw egg
½ teaspoon salt
2 tablespoons or more water

Stuffing:

2 tablespoons lard
2 segments garlic crushed
⅓ kilo liampo (pork) chopped
1 cup apulid
½ cup mushrooms
10 cooked shrimps
1 tablespoon toyo
} cut into tiny cubes
½ cup ham, cut into tiny cubes
¼ cup green onions, finely cut

Mix paste into stiff dough. Let stand for ½ hour after kneading thoroughly. Saute garlic, chopped pork, apulid, mushrooms, shrimps, toyo, ham and green onions. Roll paste to paper thin; cut with a round biscuit cutter. Ruffle by folding to form an open cut with a little curve before the edge. Arrange far apart in a tin plate and sprinkle cold water over them. Steam ½ hour. 6–8 servings.

Siopao

Wrapper:

1 cake American yeast or 2 tablespoons dry yeast
1 teaspoon sugar
1 cup warm milk
4 cups sifted flour
2 tablespoons sugar
¼ teaspoon salt

Dissolve yeast in 1 teaspoon sugar, add milk, stir and add 2 cups flour, stir well and allow to rise. When double its bulk, add 2 tablespoons sugar, remaining flour and salt. Mix and knead well. Allow to rise again. Knead, roll lightly with rolling pin. Form 2 inch balls. Steam in double boiler for 1 hour. Place on round pieces of paper 3-inch in diameter. Let rise to double its bulk.

Filling:

1 tablespoon lard
2 big onions, chopped
¼ kilo liampo, chopped
¼ cup mushrooms, dried
2 tablespoons green onions
1 tablespoon soy (toyo)
1 tablespoon brown sugar
½ teaspoon salt

Saute onion, meat, mushrooms, green onion and sugar. Salt to taste. 10–12 servings.

Sopa de Pollo

1 clove garlic, minced
¼ cup ham, diced
½ onion, sliced
Gizzard, liver, blood, heart of one chicken boiled and cut into strips
5 cups chicken stock
1 can peas
2 teaspoons salt
⅛ teaspoon pepper
1 tablespoon Vetsin
1 hard-cooked egg, chopped
½ cup croutons (fried bread cubes)

Saute garlic, ham, onion, giblets and blood. Add chicken stock. Bring to a boil and season with salt and pepper. Garnish with egg. Serve with croutons. 5 servings.

Stuffed Crabs

5 tablespoons lard
1 onion, sliced
2 tomatoes, chopped
6 crabs, boiled and flaked
1 teaspoon salt
⅛ teaspoon pepper
2 eggs beaten until fluffy and foamy
6 crab shells

Saute onion, tomatoes and crab meat. Add seasoning. Fill shell with crab meat mixture. Spread a tablespoon of well-beaten egg on top and fry. 6 servings.

Suam na Balay with Malunggay

3 tablespoons lard
3 cloves garlic, crushed
3 thin strips ginger
2 tablespoons onion, sliced
3 cups balay (clams), shelled
8 cups rice washing or water
1 cup malunggay leaves, washed and sorted
2 teaspoons salt
⅛ teaspoon pepper

Saute garlic, ginger, onion and balay. Add rice washing. Cover and let mixture boil 3 minutes. Add malunggay leaves. Cook 5 minutes longer. Season with salt and pepper. Serve hot. 6 servings.

Suam na Hipon

2 tablespoons lard
3 cloves garlic, minced
½ onion, sliced
1 teaspoon ginger, cut into strips
2 tablespoons patis
4 cups rice washing
1 cup fresh hipon, trimmed
1 cup malunggay leaves

Saute garlic, onion and ginger in lard. Add patis and rice washing. Bring to a boil, add shrimps and malunggay leaves. Cover and cook 5 minutes. Serve at once. 3 servings.

Tenderloin Rolls

3 eggs
3 sausages, cut into pieces lengthwise
2 pieces cucumber pickles
1 kilo tenderloin, cut into flat thin pieces
4 tablespoons toyo

Separate yolk and white of eggs. Make a thin flat omelet of the yolk; do the same with the white. Cut into thin long slices. Spread tenderloin pieces. Season with toyo, and arrange one piece each of the sliced egg white, egg yolk, sausage and cucumber. Roll and fasten by means of a toothpick. Cook in a double boiler. Before serving, cut rolls into one inch long. 8 servings.

Tinolang Manok

5 tablespoons lard
2 cloves garlic, crushed
1 onion, sliced
1 medium chicken, cut into pieces
2–3 tablespoons patis or soy sauce
5 cups water
5 medium potatoes, quartered
2 tablespoons salt
⅛ teaspoon pepper
1 cup sili leaves, washed and sorted

Saute garlic, onion and chicken. Add patis or soy sauce, cover and allow to simmer over moderate heat. Add water

and boil; add potatoes, keep over moderate heat until chicken and potatoes are tender. Season with salt and pepper. Add sili leaves. Cook 2 minutes. Serve hot. 6 servings.

NOTE: Green papaya or upo may be used instead of potatoes.

Tofu Balls

1 cup tofu, mashed
2 cloves garlic, crushed
1 medium onion, finely chopped
¼ cup green onions, finely cut
¼ cup kinchay, finely chopped
1½ tablespoons toyo
1 teaspoon salt
1 egg, beaten
4 tablespoons cornstarch
1 cup fat

Mix all ingredients together except fat. Form into small balls and fry in hot fat until golden brown. Serve with sweet-sour sauce.* 6 servings.

Toasted Dilis

¼ cup dilis
2 tablespoons lard

Heat lard and drop dried dilis. Cook until crisp. Do not put dilis in all at once, but drop little by little to crisp evenly. 3 servings.

Tongue with Mushrooms
(Lengua con Setas)

1 beef tongue (medium)
1 can mushrooms
⅓ cup tomato sauce
3 tablespoons flour
3 tablespoons butter
¼ cup white wine
1 cup sliced onion
1 cup stock
Salt and pepper

Scald and scrape tongue. Cover tongue with 2 cups water, cook until tender. Remove from stock, set aside to cool. Cut into rounds 1 centimeter thick.

Melt butter in a pan, add mushrooms. Cook 2 minutes, add flour, tomato sauce, onion. Stir continuously, add stock slowly to make smooth gravy. Add tongue, wine, salt and pepper. Continue cooking over low fire 10 minutes longer. 10 servings.

Tortilyang Karne

2 tablespoons lard
2 segments garlic, crushed
1 tablespoon onion, chopped
1 fresh tomato, sliced
½ kilo ground pork
1 potato, cut into cubes
2 teaspoons salt
⅛ teaspoon pepper
1 tablespoon lard
2 eggs, well beaten

* Recipe on page 19.

Saute garlic, onion and tomatoes. Add ground pork and potato. Season to taste. Cover. Cook until meat and potato are tender. Heat lard, pour ½ of beaten egg and spread ½ of mixture evenly. When one side is cooked, invert tortilla and cook other side until egg is well done. Serve while hot. Cook rest of mixture the same way. 7–8 servings.

Vanilla Ice Cream

4 cups thin cream
1½ tablespoons vanilla
¾ cup sugar

Scald cream, add sugar, cool, flavor and freeze. 8 servings.

Group VI—Rice and Other Energy-Giving Foods

A. Recipes Using Corn and Corn Products

Baked Corn

5 ears fresh corn or 2 cups corn kernels
2 eggs, beaten
1 tablespoon fat
½ teaspoon chili powder
⅛ teaspoon anis seed (optional)
1 teaspoon flour
¼ pound cheese, sliced

Scrape kernels from uncooked corn. Mix corn and eggs. Heat fat, add chili powder, anis seed and flour and cook for one minute. Combine with corn and egg mixture. Pour half of mixture into well-oiled casserole. Cover with slices of cheese. Cover with remaining corn mixture. Bake in moderate oven (350°F.) for 1 hour. 4 servings.

Boiled Rice and Corn

1 cup corn (ground)
4½ cups water
2 cups enriched rice
1 teaspoon salt

Soak corn in water for at least one hour. Add rice and salt. Cook in same way as boiled enriched rice. 4 servings.

Corn Fritters

1½ cups flour
1 teaspoon baking powder
½ teaspoon salt
2 eggs
½ cup milk
2 cups fresh corn, cooked
Deep fat for frying

Sift flour, measure and resift with baking powder and salt. Combine beaten eggs and milk, mixing well; add to flour mixture all at once and stir until smooth. Fold in corn. Drop from a teaspoon into deep fat heated to 375°F. and fry until golden brown. Sift out with a fork and drain for a minute on absorbent paper. 12 servings. 4 dozens.

Corn Soup

¼ kilo soup bones
4 cups boiling water
8 ears fresh corn
1½ teaspoons salt
⅛ teaspoon pepper
Few grains of atsuwete (annato) or few drops of food coloring
¼ kilo sirloin beef in small pieces
1 teaspoon salt
1 hard cooked egg, chopped

Simmer soup bones in water, about 1½ hours. Remove meat. Husk corn, slit each row of kernels with point of a sharp knife, then scrape out pulp and creamy liquid. Pour creamy corn into beef stock while stirring. Add salt, pepper and food coloring. Simmer till consistency of light cream, stirring occasionally. Meanwhile, quickly saute pieces of sirloin beef till brown. Serve with soup garnished with chopped egg. 6 servings.

Corn Soup with Amargoso Leaves

2 tablespoons lard
2 segments garlic, crushed
½ onion, sliced
½ cup pork, sliced
½ cup shelled shrimps
4 cups water
3 cups corn kernels
1 cup amargoso leaves

Saute garlic, onion, pork and shrimps. Add water, cover and let boil. Add corn, when cooked add amargoso leaves. Boil 2 minutes. Serve hot. 4 servings.

Fluffy Corn Meal Drops

4 egg whites
¼ teaspoon salt
7 tablespoons boiling water
5 tablespoons corn meal
} Mix and cool

Beat egg whites with salt until stiff. Fold into cool corn meal. Drop by spoonful onto greased cookie sheet and bake in a 325°F. oven for about 30 minutes. Serve hot. 6 servings.

B. Recipes Using Flour and Flour Products

Chow Mein

3 tablespoons lard
1 egg
½ kilo chinese noodles
¾ cup sliced onion
½ cup pork, cut in thin narrow pieces
½ cup shrimp shelled
1½ cups chicken broth
2 tablespoons toyo
1 teaspoon cornstarch
1 teaspoon pepper
Green onions, cut in long narrow strips

Beat eggs and fry in hot lard for one minute. Cut in narrow pieces 1½ inches long. Mix lard and noodles and steam ½ hour. Separate noodles and fry until brown. Fry onion, pork and shrimp. Season. Prepare a medium thick gravy from chicken broth, toyo, cornstarch, salt and pepper. Add fried onion, shrimp and pork and pour mixture over fried

noodles. Garnish with fried eggs and green onions, cut in long narrow strips. Serve hot. 5 servings.

Devil's Food Cake

4 squares chocolate
1⅔ cups brown sugar
1 cup milk
1 egg yolk, slightly beaten
3 egg whites, beaten stiffly with ½ cup sugar
⅓ cup butter
2 egg yolks well beaten
2 cups bread flour
1 teaspoon salt
1 teaspoon soda
½ cup milk
2 teaspoons vanilla

Melt chocolate, add ⅔ cup sugar, milk and one egg yolk. Stir and cook over hot water until smooth. Set aside to cool. Cream butter and add remaining sugar gradually beating constantly. Add egg yolks. Mix and sift flour, salt and soda and add alternately with ½ cup milk to butter mixture. Add chocolate mixture and vanilla. Beat well and fold in egg whites. Turn into 2 buttered and floured 7 inches square pans and bake 35 minutes in moderate oven (350°F.). Remove from pans and cover with white or chocolate frosting. 6 servings.

Doughnuts

3½ cups sifted all-purpose flour
1¼ teaspoons salt
4 teaspoons baking powder
2 tablespoons lard
¾ cup sugar
4 egg yolks, or 2 whole eggs well beaten
¼ teaspoon vanilla
¼ teaspoon lemon extract
1 cup milk

Sift flour with salt and baking powder 3 times. Cream lard and sugar until well blended. Add egg yolks, vanilla and lemon extract, and mix well. Add milk and mix thoroughly. Add sifted dry ingredients and mix until smooth with little handling as possible. Roll dough on floured board to ⅜ inch thickness. Let stand 20 minutes. Cut with 3-inch doughnut cutter. Fry in hot lard (375°F.) about 1½" deep until brown, turning when first crack appears. Drain on absorbent paper and roll in sugar. Makes 2 dozens.

Empanada

Pastry:

2 eggs, slightly beaten
½ cup sugar
¾ cup water
1 teaspoon salt
4 cups sifted flour
1½ cups lard

Combine ingredients and mix to a stiff dough. Knead for 8 minutes or until texture is fine. Roll out dough on a floured board until it is almost as thin as paper. Sifted cornstarch keeps dough from sticking. Brush surface of dough with melted lard and roll as in jelly roll, until whole dough is about ½ inch thick. Cut into 1-inch pieces. Flatten out each piece with rolling pin, fill with 1½ teaspoons of meat filling, moisten edges with cold water, fold over and press edges together.

Heat lard in a deep vessel until it browns a cube of bread in 60 seconds. Drop empanada and fry until golden brown. Drain on paper and serve. 2 dozens.

Filling:

3 tablespoons fat
2 cloves garlic, macerated
1 large onion, chopped
1 large tomato, chopped
1 cup ground veal
1 cup ground pork
1 cup ground chicken
3 tablespoons ham, diced finely
1 small package raisins
Slices of hard boiled eggs

Saute in lard garlic, onion, and tomato. Add ground meat and ham. Add raisins, season, and cook until done. Cool before filling. Add a slice of hard boiled egg and a slice of sweet pickle to each piece when filling.

Fideos Soup

2 tablespoons lard
1 segment garlic, crushed
½ onion, chopped coarsely
3 cups meat stock or chicken stock or water
1 pinch of salt
Dash of pepper
½ cup fideos
Celery and green onions, chopped fine

Saute garlic and onion. Add meat stock and let boil. Season with salt and pepper. Add fideos and boil. Serve hot with green onions sprinkled over. 5 servings.

Gold Cake

½ cup butter
1 cup sugar
1 egg, beaten
5 egg yolks (⅓ cup)
1¾ cups flour
2½ teaspoons baking powder
¼ teaspoon salt
½ cup milk
½ teaspoon vanilla

Cream butter and add sugar gradually, while beating constantly, add egg yolks and egg well beaten. Mix and sift dry ingredients and add alternately with milk to first mix-

ture. Add vanilla, turn into buttered and floured 9″ ×12″ tin. Bake 45 minutes in moderate oven (350°F.).

Griddle Cakes

2 cups all-purpose flour
* 5 teaspoons baking powder
1 teaspoon salt
3 tablespoons sugar
2 eggs
2 cups milk
½ cup melted shortening

Sift flour, measure, and resift with baking powder, salt, and sugar 3 times. Beat eggs in mixing bowl, add milk and mix. For lighter griddle cakes beat whites separately and fold in last. Stir in melted shortening; then add flour mixture all at once, and beat until perfectly smooth. Do not over heat. Have griddle heated only moderately hot. Grease lightly with unsalted fat. Pour out ¼ cup batter for each cake; bake until top side is full of air bubbles and under side is golden brown, then turn and bake until brown on other side. Turn only once. A spatula or a pancake turner is desirable for turning cakes. Serve at once with butter and hot syrup, honey, or sugar, along with sausages or bacon, if desired. Makes 25 cakes.

NOTE: If thinner cakes are desired, add ¼ cup more milk.

Macaroni a la Bremontiere

1 box macaroni, cut into 2″ lengths
2 tablespoons butter
½ cup grated cheese
½ cup ham, diced
1 can tomato sauce
2 egg yolks, beaten
2 teaspoons salt
⅛ teaspoon pepper
2 egg whites, beaten

Boil macaroni for about 20 minutes in water and salt. When soft, allow to stand in cold water for 5 minutes. Drain and mix with butter, cheese, ham, tomato sauce, egg yolks, salt and pepper. Fold in egg whites. Sprinkle grated cheese and bake. 10 servings.

Macaroni with Cheese and Tomato Sauce

1 cup macaroni
1 cup tomato sauce
1 tablespoon grated cheese

Cook and drain macaroni and reheat in tomato sauce. Then sprinkle with grated cheese on top. Bake until brown. 4 servings.

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* Sulfate–Phosphate (double-action) type. Use 6 teaspoons tartrate or phosphate type.

Tomato Sauce

1 tablespoon lard
1 small onion, sliced
1 cup tomato juice or
1½ cups tomatoes, cooked or canned
2 tablespoons butter
2 tablespoons flour
1 teaspoon salt
⅛ teaspoon pepper

Cook onion and tomatoes 15 minutes and strain. Add water or stock to make 1 cup. Brown butter, add flour and when well blended, add tomatoes. Bring to boiling point. 2 servings.

Pancit con Caldo

4 tablespoons lard
2 segments garlic
½ cup shrimp blanched, shelled and cut lengthwise
½ cup pork, boiled and cut into strips
½ cup shrimp water
3 tablespoons dilis flour
6 cups broth or water
¼ cup patis
1 teaspoon salt
½ teaspoon pepper
2 cups miki
2 tablespoons ham, chopped
2 tablespoons green onions, minced

Saute garlic, shrimp and pork. Add shrimp water, dilis flour and boil for half an hour. Add patis, salt and pepper to taste. Just before serving, add miki. Pour into a soup tureen, add chopped ham and green onions. 6 servings.

Pancit Gisado

6 tablespoons lard
4 segments garlic, crushed
1 medium onion, sliced
1 cup boiled shrimp, cut in long narrow strips
1 cup boiled pork, cut in strips
1 cup boiled chicken meat
½ cup chinese ham, cut in strips
3 chinese sausages, cut into narrow strips
1 cup shrimp water
1 teaspoon salt
3 tablespoons toyo
½ teaspoon pepper
1 cup shredded cabbage
1 cup sliced patola
1½ cups chicken stock
1 kilo bijon

Fry separately garlic, onion, shrimp, pork, chicken, ham and sausage. Set aside enough of each for garnishing. Mix the rest with shrimp water, season with salt, toyo and pepper. Cook for one minute before adding the vegetables. Add chicken stock and boil until almost dry. Soak bijon in boiling water and drain. Add to the first mixture and cook over low fire until dry. Garnish with kintsay, boiled egges, green onions and chopped ham. 10 servings.

Pancit Luglog

- 4½ tablespoons cooking fat
- 2¾ teaspoons garlic
- ¼ cup sliced pork, boiled
- ¼ cup soybean cake
- ¼ cup shrimps
- 2¼ cup shrimp water
- ¼ cup kintsay
- 2 teaspoons salt
- ⅛ teaspoons pepper
- ¼ cup atswete (soak in ½ cup cold water
- 4 tablespoons flour stirred in ¼ cup cold water
- 6 cups dried rice noodles (bijon) soak in cold water, 10 minutes
- ½ cup finely flaked smoked fish (tinapa)
- ½ cup powdered crips crackling (sitsaron)
- 2 hard-cooked eggs, sliced lengthwise
- A few sprigs kintsay for garnishing
- 6 teaspoons kalamansi
- 6 teaspons patis
- ½ cup green onions

Fry garlic until brown for five minutes. Drain and set aside. Add pork to lard, cook until brown. Add tokwa and shrimps. Then add ½ cup shrimp water, cover and bring to a boil for two minutes. Add kintsay and season with salt and pepper. Cook for five minutes. Set these pork-shrimp mixture aside for topping. Soak atswete in water, squeeze out color and strain. Pour into a saucepan. Add this to the rest of shrimp water. Add flour solution, bring to a boil stirring constantly. Season with salt and pepper. This is the red sauce for the pancit luglog which is called "palabok".

Place drained noodles in long-handled bamboo strainer (lug-lugan). Blanch 3 minutes in boiling water or stock. Drain. Pour noodles into individual plates, or into a large platter. Cover with red sauce. On top of sauce, arrange pork and shrimp mixture, then sprinkle finely flaked fish, crackling and fried garlic. Garnish with slices of egg, a few sprigs of kintsay and seeded halves of kalamansi. Serve hot with patis and kalamansi juice. 6 servings.

Pancit Molo

Filling:

- 1 cup ground pork
- ½ cup cooked flaked chicken
- 5 tablespoons toyo
- 2 eggs
- 3 tablespoons chopped green onion
- ⅛ teaspoon pepper
- ½ head medium garlic, chopped
- ¼ medium onion, chopped
- ¼ cup chopped apulid, (chinese chestnut) boiled or canned

Combine all ingredients. Divide mixture into two parts and wrap one-half of mixture in pancit molo wrappers. Add the remaining half of this mixture to the broth.

Wrapper:

2 cups flour
¼ teaspoon salt
3 egg yolks
¼ cup water

Sift together flour and salt. Add egg yolks and knead with fingers. Add water and work until dough becomes very smooth and fine. Roll out on a floured board to a thin sheet about the thickness of paper. Cut in triangular pieces, about 3″ × 3″.

For rest of pancit:

¼ cup lard
½ head garlic, chopped
½ medium onion, chopped
20 cups chicken broth
3 tablespoons salt
½ teaspoon pepper
3 tablespoons green onion, chopped

Saute garlic and onion. When slightly brown, add remaining half of stuffing mixture and cook about 5 minutes. Add chicken broth and bring to a boil. Drop stuffed wrappers in broth. Season with salt and pepper. Cover and cook for 15 minutes. 10 servings.

Pili Cookies

1 cup shortening
½ cup sugar
1 egg yolk
1¾ cups flour, sifted
2 teaspoons baking powder
¼ teaspoon cinnamon
1 egg white, stiffly beaten
Pili nuts, quartered

Cream shortening, add sugar and egg yolk. Add flour, baking powder and cinnamon and blend well. Fold in egg whites. Roll as thin as possible and cut with round-shaped cutter. Place four pieces of almonds on top of each. Bake in hot oven until brown. 24 cookies.

Pineapple Upside-Down Cake

⅓ cup shortening
½ teaspoon salt
1 teaspoon vanilla
½ cup sugar
1 egg, unbeaten
1½ teaspoons baking powder
1¼ cups sifted flour
½ cup canned pineapple juice
½ cup brown sugar, firmly packed
5 slices canned pineapple
5 maraschino cherries (optional)

Blend shortening, salt and vanilla; add sugar gradually and cream well. Add egg, and beat well. Sift baking powder with flour 3 times. Add flour to creamed mixture alternately with pineapple juice, mixing after each addition until smooth.

Sprinkle brown sugar on bottom of 8″ × 8″ pan coated liberally with lard. Arrange pineapple on sugar, put cherries in center of slices and pour butter. Bake in moderate oven (350°F.) 50 minutes. Serve upside down with whipped cream. 8 servings.

Pound Cake

2 cups sugar
2 cups butter
9 large eggs, separated and well beaten
2 cups flour
1 teaspoon lemon extract
1 recipe plain frosting

Cream sugar and butter; add egg yolks. Add flour gradually and, last, fold in egg whites (stiffly beaten) and lemon extract. Bake in tube cake pan in slow oven (300–325°F.) for 1 hour. Cover with any desired frosting. 6 servings.

Royal Bibingka

1⅓ cups sugar
1¼ cups coconut milk
2 cups flour
4 teaspoons baking powder
1½ teaspoons salt
3 eggs, beaten until light and creamy
2 tablespoons fortified margarine
¼ cup grated cheese

Dissolve sugar in ½ of coconut milk. Mix and sift dry ingredients and add by spoonfuls to the sugar-coconut milk. Add the rest of the coconut milk alternately with dry ingredients. Beat well. Add eggs by cutting and folding. Line two round baking pans with banana leaves. Divide mixture into 2 pans. Bake in a moderate oven for about 20 minutes. When cooked remove from oven and brush top with melted margarine. Sprinkle top with grated cheese. 10–12 servings.

Sapin-Sapin

2 cups enriched rice soaked in 1½ cups water and ground to make thick rice batter (galapong)
3 cups white sugar
2 coconuts (5 cups coconut milk)
½ kilo ubi, pared, boiled, mashed and strained
¼ teaspoon powdered anis

For top layer mix 1½ cups thick coco milk, (first extraction), one-half cup rice batter and ⅔ cup sugar. To the rest of the rice batter add remaining coco milk and sugar and stir well. Divide this mixture into 2 parts. Mix one part with the ubi to be used for the middle layer. Use the other part for the bottom layer. Add red food coloring to make it light pink. Boil water in a carajay and place the bamboo

steamer lined with muslin cloth. Pour on it ¾ cup of pink mixture for the bottom layer. Cover carajay and steam until firm. Pour one cup of ubi mixture and steam again. When firm, pour mixture for top layer and steam again. When this is firm remove from the steamer. Allow to cool. Slice into 1½ inch wedges. Arrange on a platter lined with banana leaves. Serve hot or cold with hot ginger tea and lemon. 1½ dozens.

Sugar Cookies

½ cup butter or margarine
½ cup sugar
1 egg
1 tablespoon milk
½ teaspoon vanilla
½ teaspoon salt
1 teaspoon baking powder
1½ cups flour

Let butter or margarine stand at room temperature until soft. Beat in sugar, egg, milk, and vanilla. Add other ingredients, mixed and sifted together. Mix well.

Drop from tip of spoon 1 inch apart on lightly buttered cooky sheet. For flat cookies, press with knife or fork dipped in cold water or flatten with bottom of floured water glass. If mixture is very firm, shape in small balls, arrange on sheet, and flatten as above or put through cookie press onto greased pans. Bake in a moderate oven until golden brown. 60 cookies.

Timbale Neopolitan

1 package macaroni
2 tablespoons butter
1 big chicken, boiled
1 small beef tongue, cooked
2 cloves garlic
¼ cup sliced onions
1 cup chopped tomatoes
1 cup diced ham
1 chorizo de Bilbao, sliced
1 can mushrooms
2 cans tomato sauce
1 can Vienna sausage, cut into small pieces
Pimientos
Kintsay
⅓ cup grated cheese

Boil macaroni and cut into half-inch long. Arrange macaroni neatly against the sides and bottom of a buttered pan or mold. Line the whole mold so that the finished product will look like a beehive. Allow to set in an ice box or refrigerator. Make a paste out of chopped chicken breast, flour milk and eggs. Spread this very carefully on top of macaroni lining. Fill the mold with the prepared mixture: Saute garlic, onion and tomato sauce. Add chicken meat boned and cut into small pieces; ham, chorizo, Vienna sausage and mushrooms. Cook for ten minutes. Season with salt and pepper.

When the mold is filled, cover the top with macaroni and cheese. Steam for at least one hour in a water bath in the oven. Cool. Unmold on a large platter. Pour tomato sauce with grated cheese around the base of "beehive". Garnish with pimientos and kintsay leaves. 10 servings.

Ukoy—1

1 cup grated squash
1 dozen blanched shrimps, unshelled
⅓ cup cornstarch
1½ cups lard
½ cup water
1 teaspoon salt

Dissolve cornstarch in water. Then add squash and salt. Drop by spoonfuls in deep hot lard at the same time placing one unshelled shrimp on top of each. Fry until brown. Serve with a mixture of vinegar, salt, powdered pepper and garlic. 8 pieces.

Ukoy—2

1 cup flour
1 teaspoon baking powder
1 egg
1⅔ cups shrimp water
1 segment garlic, minced
1 teaspoon salt
2 tablespoons green onions
12 shrimps (medium)
2 cups mongo sprouts
2 tablespoons atsuwete soaked in water for coloring the batter

Mix flour, egg, baking powder, shrimp water, garlic and salt. Color with strained atsuwete water. Blanch mongo sprouts and shrimps. Cut green onions very fine.

Fill a saucer half full of the batter, place 2 tablespoons of the mongo sprouts, sprinkle green onions and place one whole shrimp in the center. Drop in deep hot fat and fry until golden brown. Serve with sauce of vinegar, garlic, salt and pepper. 1 dozen.

Waffles

1½ cups flour
3 teaspoons baking powder
½ teaspoon salt
2 teaspoons sugar
1 cup milk
2 or three egg yolks, well beaten
2 or 3 egg whites, beaten stiff
6 tablespoons melted butter

Sift dry ingredients together. Beat egg yolks, add milk and melted butter. Combine and stir quickly. Fold in whites and add more milk if necessary to make batter thin enough to pour. Omit sugar for very crisp waffle. Makes 6.

Heat waffle iron. Do not grease. Put 1 tablespoon of batter in each compartment near center (mixture will spread to fill iron), cover, and leave iron closed until well puffed and delicately brown. Lift from iron with fork. Serve with caramel syrup or honey. 8 servings.

C. Recipes Using Rice and Rice Products

Arroz a la Cubana

2 tablespoons lard
2 cloves garlic, macerated
1 onion, sliced
1 large tomato, chopped
¼ kilo ground beef
¼ kilo ground pork
1 small package raisins
1 teaspoon salt
½ cup sweet peas
3 bananas, halved lengthwise and fried
3 medium potatoes, sliced lengthwise
6 eggs, fried
6 cups cooked enriched rice

Saute garlic, onion, and tomatoes. Add beef and pork, raisins, seasonings and mix well. Add ½ cup stock to moisten, cover and continue cooking until almost dry. Add peas. Place meat on center of platter and arrange bananas, potatoes and eggs on one side. On the other side, place mounds of rice. Garnish with sprigs of parsley or kintsay. 6 servings.

Arroz a la Filipina

3 tablespoons lard
3 cloves garlic, minced
1 small onion, sliced
3 ripe tomatoes, sliced
½ small chicken, dressed and cut into pieces
2 cups water
1 tablespoon atsuwete soaked in ¼ cup water
3 medium green peppers, sliced
½ cup cooked enriched rice
½ cup cooked enriched malagkit
1 package raisins
2 teaspoons salt
1 hard-cooked egg, sliced
Red pepper, for garnishing

Saute garlic, onion, tomatoes and chicken. Cover and cook until chicken is brown. Add water, cover and cook until tender. Add sliced pepper and strained atsuwete. Cook 3 minutes. When mixture boils, add cooked rice and raisins. Turn mixture from time to time to prevent scorching. Add a few grains of salt to taste. Arrange in a mound on a large platter. Garnish with hard-cooked egg and slices of green and red pepper. 4 servings.

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Arroz a la Paella

¼ cup lard
2 cloves garlic, minced
2 onions, sliced
7 tomatoes, sliced
1 red pepper
1 tablespoon salt
1 teaspoon pepper
1 hard-cooked egg, sliced
1 small chicken, cut into pieces
4 cups beef stock
12 clams
2 cups rice, washed
3 cups water
3 crabs, cooked and flaked
1 green pepper } Cut into strips
1 red pepper }

Saute garlic, onion, tomatoes, and red pepper. Season with salt and pepper. Add chicken and cook until tender; add one cup stock if necessary, then add clams and mix thoroughly. Add rice and stir. Add the remainder of beef stock and let it boil until all the liquid has been absorbed by rice. Cook over low heat and cover mixture with banana leaf. Put lid over banana leaf to steam rice. Turn mixture with a turner 2 or 3 times to keep it from scorching. When rice is thoroughly cooked, add crab meat. Garnish with strips of green and red pepper, hard-cooked egg and claws of the crab. 6 to 8 servings.

Arroz Caldo with Chicken

2 tablespoons lard
2 segments garlic, bruised
1 inch cube ginger, sliced thin
1 small onion, chopped
1 small chicken, dressed, cut into serving pieces
3 tablespoons patis or soy sauce
1½ cups enriched rice
6 cups water
2 stalks green onions, chopped

Saute garlic, ginger and onion. Add chicken and flavor with patis or soy sauce. Cover for 2 minutes. Add enriched rice and water, stirring all ingredients together to avoid sticking to the sides of the pan. Cook in a very slow fire for 20 minutes. Add green onions before serving. 10–12 servings.

Arroz Caldo with Goto

1 cup enriched rice
1 small onion, sliced
2 cups boiled goto cut into strips
2 tablespoons patis
2 segments garlic, minced
2 stalks onion leaves, minced
1 pinch of pepper

Cook rice to a porridge consistency in liquid in which goto was cooked. Add onion, pepper, goto and patis. Fry garlic until golden brown and spread on top of the "arroz caldo" in individual soup bowls. Just before serving sprinkle finely minced onion leaves on top of each bowl. 8 to 10 servings.

Arroz a la Valenciana

4 tablespoons lard
1 clove garlic, bruised
1 onion, chopped
1 young chicken, cut into pieces
2 chorizos (Spanish sausage, sliced)
1 bay leaf
2 tablespoons paminton (paprika)
2 hard-cooked eggs
1 can tomato sauce or paste
2 fresh green and red pepper (cut into strips)
2 cups cooked enriched rice
1 small can peas
A pinch of salt
Dash of pepper
2 stalks green onion (leeks)

Saute garlic and onion. Add chicken. Cover and cook for 20 minutes. Add chorizo, paminton, tomato sauce, green and red pepper. Add cooked rice and peas. Cover and cook in a very low fire for 10 minutes. Add 2 extra tablespoons lard to keep rice from sticking to the pan. Arrange in a mound on a platter. Garnish with finely sliced green onions (leeks), eggs, peas, red and green pepper rings. 6 servings.

Bibingkang Galapong (Rice Cake)

2 cups rice soaked in 1½ cups water and ground
1½ cups sugar
3 tablespoons butter or margarine
1 cup rich coco milk
8 eggs, well beaten
1 teaspoon baking powder for every cup of mixture
Grated cheese or sliced native cheese

Mix ground rice and sugar. Add butter, baking powder and eggs with rich coco milk. Pour into pie and cake pans lined with wilted banana leaf. Pans should be only two-thirds full. Sprinkle with grated cheese or sugar or arrange slices of native cheese on top. Bake until brown. 6 servings.

Bibingkang Pinipig

2 cups diluted coco milk from 2 matured coconuts
3 cups pinipig
1 teaspoon salt
1½ cups brown sugar
¾ cup rich coco milk
¼ teaspoon powdered anis

Boil diluted coconut milk in a carajay. Add pinipig and salt. Boil until quite dry, stirring constantly to keep from burning. Lower heat and add 1 cup sugar. Line a clay baking dish with wilted banana leaf and transfer mixture into it. Pour rich coconut milk cooked with a little sugar on top of the "bibingka." Sprinkle powdered anis on top. Bake until brown. 8 servings.

Boiled Enriched Rice

2 cups enriched rice
3 cups water
1 teaspoon salt (optional)

Wash rice once if possible but not more than twice and put into a two quart saucepan or kettle. Set aside rice washing and use it for stews, soups, sinigang, etc. Add water and cook over high heat until steam escapes from under the edge. When most of water has been absorbed, lower heat, keep cover on, and continue steaming rice until done. 4 servings.

Inañgit

1 large coconut, grated and extracted to make 4 cups coconut milk
2 cups malagkit rice
Pinch of salt

Grate coconut and extract 4 cups coconut milk. Wash malagkit and cook with coconut milk and salt, stirring it to avoid sticking to bottom of container. When the coconut milk has been absorbed, cover rice with banana leaves. Cover container and continue cooking on very low heat. 6 servings.

Kalamay Pinipig

3 cups pinipig
1½ cups sugar
2 cups rich coconut milk
A pinch of toasted anis

Soak pinipig after cleaning, in one cup of thin coconut milk or water for 30 minutes. Boil the rest of the milk with sugar. When syrup is thick, add pinipig and anis. Stir while cooking until thick and sticky. Pack into a pan lined with banana leaf. Slice into desired pieces. Serve with "coconut toast", made as follows:

Toast one cup of the coconut from which the milk has been extracted with ⅔ cup sugar in frying pan. Stir continuously until brown and crisp. 12 servings.

Kutsinta

1½ cups water
¾ cup brown sugar
1 cup rice flour
1 teaspoon lye solution

Combine sugar and water and bring to a boil. Cool. Add to rice flour and stir until smooth. Then add the lye solution. Pour into kutsinta molds and steam for about 15 minutes. Serve with grated coconut. 12 small pieces.

Maja Blanca

3 cups young corn grated from the cobs
4 cups coconut milk
2 cups rice "galapong"
3 cups sugar

Mix coconut milk, rice "galapong" and corn. Strain through coarse muslin cloth. Add sugar. Cook all ingredients together, stirring constantly until thickened. Pour into greased molds, or buttered plates. Allow to cool and slice. Serve with "latik" and caramelized coconut meal.

Latik is made from thick coconut milk by boiling until the oil is extracted. The cheese-like precipitate which forms, is cooked to a delicate brown after removing the oil from the pan. This is used for topping.

Caramelized coconut meal is prepared from the coconut left after extracting the milk. For every cup of the coconut meal add ¼ cup sugar. Cook this in a saucepan until brown. This is good for garnishing ice cream, cookies and salads.

Morisqueta Tostada

6 cups cooked rice
¼ cup boiled chicken meat and pork
1 teaspoon garlic
2 tablespoons toyo
4 tablespoons lard
¼ cup crab meat (cooked)
2 tablespoons finely sliced green onion leaves
1 egg, well beaten
¼ cup shrimps (blanched)
1 piece Chinese chorizo (fried)

Cut pork into small cubes, mince the chicken and cook in a little lard and toyo. Cut shrimps, chorizo and crab meat into tiny cubes. Heat lard in a frying pan, add garlic and rice. Then add part of the beaten eggs and the rest of the ingredients reserving a part for garnish. Prepare a thin omelet of eggs and cut into thin strips. Place the fried rice and meat in a bowl. Garnish with finely cut green onion leaves, a little fried shrimps and chorizo and the fine strips of omelet. Serve hot. 12 servings.

Palitao

2 cups enriched malagkit rice
1 small coconut, grated
1 cup sugar
½ cup toasted liñga

Soak rice for at least 4 hours and grind with the least amount of water to form a stiff dough. Strain in cheese-cloth and press hard to remove extra water. Form into small balls and flatten with a finger. Drop in boiling water. When

they float, skim and drop in cold water to prevent palitao from sticking to each other. Drain, and serve with grated coconut, sugar and toasted liñga. 3 dozens.

Pinipig Cookies

1 cup sugar
½ pound butter
3 eggs, well beaten
2 cups flour
½ teaspoon cinnamon
1 tablespoon baking powder
1 cup chopped pili nuts
1 cup seedless raisins
2 cups toasted pinipig

Cream butter, add sugar and eggs. Add flour sifted with cinnamon and baking powder, nuts, raisins and pinipig. Stir only to mix ingredients. Drop by spoonfuls into greased baking sheets and bake in moderate oven until brown. 100 cookies.

Pinipig Macaroons

1¼ cups toasted pinipig
1 teaspoon baking powder
¼ teaspoon salt
½ cup sugar
1 tablespoon fat
1 egg, well beaten

Mix together pinipig, baking powder, salt and sugar. Add fat and egg. Drop by teaspoonfuls on a buttered pan and bake for 30 minutes or until they are dry in a very moderate oven. 1½ dozens.

Putong Puti

2 cups enriched rice soaked in 1½ cups water, ground
3 teaspoons baking powder
½ teaspoon salt
1½ cups white sugar

Knead the ground rice to the consistency of drop batter. Add sugar and salt. For every cup of the mixture, add one teaspoon baking powder. Fill puto mold (small cups) two-thirds full of the mixture. Arrange in a steamer and steam for half an hour or until done. It is done when a toothpick inserted through it comes out dry. Remove from the molds and serve with grated coconut. 24 servings.

D. Recipes Using Roots and Tubers

Cassava Bibingka

1 cup grated fresh cassava
½ cup sugar
1 cup pure coconut milk
2 eggs
2 tablespoons melted shortening
½ cup scraped "buko"

Beat eggs, add sugar, melted shortening and coconut milk. Mix in cassava and young coconut. Line a round pan with banana leaves passed through fire. Pour the mixture ⅔ full. Bake until mixture sets. On top of this, pour a mixture of thick coconut milk and strained cassava juice sweetened with brown sugar. Bake in a moderate oven until golden brown. 8 servings.

Gabi Balls

1 large gabi (boiled and mashed)
½ cup pork fat, chopped
½ cup chopped candied kondol
2 eggs
¼ cup sugar
½ cup cornstarch

Mix all the ingredients together. Form into balls and fry in deep hot fat until golden brown. Drain and roll in sugar. 3 dozens.

Ginataan

1 coconut, grated
2 cups water
3 bananas, saba, diced
2 kamote, diced
1 gabi, diced
1 ubi (3" × 4") diced
6 sections langka, cut into strips
1 cup sugar
1 tablespoon tapioca

Extract milk from coconut and set aside. Add water to coconut and make second extraction. Combine thin coconut milk, bananas, kamote, gabi, ubi, langka, sugar and tapioca and set to boil, stirring occasionally, until done. Add rich coconut milk before removing from fire. 6–8 servings.

Kalamay na Ubi

2 cups boiled ubi
1 cup thick galapong
1¾ cups sugar
1½ cups coconut milk
1 cup coconut cream for latik

Mash ubi, then cook with galapong, coconut milk, and sugar until very thick. Pour on a greased flat container to cool. Prepare latik from coconut cream. Divide kalamay into portions 2 inches square. Place latik on each piece.

Maruyang Kamote

1 cup flour
2 teaspoons baking powder
1 tablespoon sugar
2 medium kamote, grated
¼ teaspoon salt
1 egg
¼ cup milk

Mix and sift dry ingredients; add other ingredients in order given. Mix well and drop by spoonfuls in deep hot lard. Drain and sprinkle with sugar before serving. 2 dozens.

Mashed Kamote Biscuits

2 cups sifted flour
4 teaspoons baking powder
1 teaspoon salt
3 tablespoons shortening
1 cup mashed kamote
½ cup milk or water

Sift together all dry ingredients. Cut or rub in fat into the dry ingredients. Roll kamote into this mixture. Add just enough milk or water to make the mass cling together. Do not knead. Place on a floured board; roll to about 2 centimeters thickness; cut with a round biscuit cutter, place on a lightly floured tin and bake 15–20 minutes in a moderately hot oven.

Potato Salad

2 cups cooked potatoes (hot or cold)
Few drops onion juice or grated onion
½ cup French dressing
½ cup mayonnaise or cooked dressing

Mix together potatoes, onion juice and French dressing. Mix in mayonnaise dressing. Taste and add more seasoning as needed. Arrange in large bowl on lettuce. Garnish with tomato sections, radish or sliced hard-cooked eggs. Serves 4.

Stuffed Gabi

6 big gabi
2 tablespoons lard
1 cup mongo beans, boiled and mashed
1 clove garlic, minced
1 onion, sliced
1 tablespoon salt
1 red pepper, sliced fine

Peel gabi and boil in salted water. Scoop out meat from the center, leaving side sthick enough to remain firm when stu;ed. Mash scooped meat. Saute garlic and onion, add gabi, mongo and seasonings. Stuff into gabi casing and bake long enough to brown top.

Sweet Potato Cake

1 cup mashed sweet potato
2 saba bananas, mashed
1 cup milk
2 tablespoons sugar
½ teaspoon salt
2 egg yolks
3 tablespoons raisins, cut fine

Combine sweet potato and bananas. Add milk and blend. Add sugar, salt, egg yolks, and raisins. Mix well and pour in a well-oiled baking pan. Bake in slow oven (300°F). 45 minutes or until cake is set and firm to touch and top is golden brown. Cut in pie-shaped pieces and serve on dessert plates. 12 servings.

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